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JEFF MCINTOSH/THE CANADIAN PRESS

“

‘She was kind, smart, beautiful and full of light.’

Agatha Mardinger, Taliyah's stepsister

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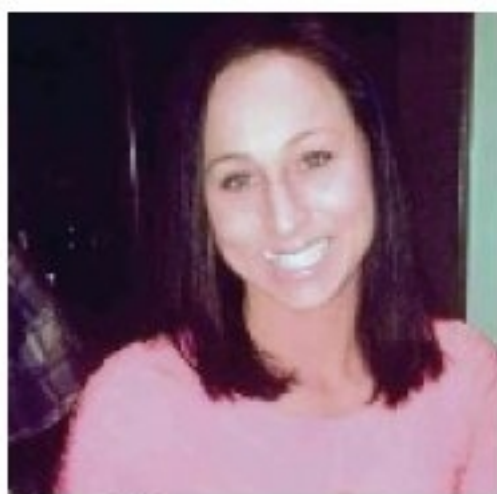
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Taliyah Marsman. CONTRIBUTED



Sara Baillie. CONTRIBUTED



“

Hundreds, if not thousands, of unknown community members have shown us how to be strong.

Janet Fredette,
Sara Baillie's mother

From left: Sara Baillie's brother Mike Baillie, her uncle Erroll Rayner, and Sara's mother Janet Fredette speak at the memorial service for Sara Baillie and her daughter Taliyah Marsman in Calgary Thursday.

THE CANADIAN PRESS

Grief mingles with celebration

MEMORIAL SERVICE

Loved ones dance tribute to slain mother and daughter

Loved ones of a slain mother and daughter celebrated their lives with one of the pair's favourite activities: dancing.

More than a thousand people attended the memorial service for Sara Baillie, who was 34, and her five-year-old

daughter, Taliyah Marsman.

Scott Hamilton, Baillie's uncle, told the church he was tired of mourning and wanted an opportunity to celebrate.

With that, he and his son, Justin, pulled sunglasses out of their suit pockets and put them on, gave each other a high five and danced to Michael Jackson's Don't Stop 'Til You Get Enough. Guests stood up and joined in.

Taliyah's father, Colin Marsman, compiled a slide show with pictures of the curly-haired little girl mugging for

the camera, playing in a park and dressed up for a dance recital.

At the front of the church sanctuary was a table with two urns, stuffed animals, flowers, a sequined red dance outfit and a soccer jersey.

Agatha Mardinger, Taliyah's stepsister, said her life was changed the moment the two met.

"She was kind, smart, beautiful and full of light," she said.

Taliyah's cousin, Nina Cox, read a poem that was written by the girl's great-uncle called

"Message to Daddy."

Baillie's mother, Janet Fredette, spoke briefly to reporters before the service.

"We are, of course, overcome with grief by the unnecessary loss of two beautiful members of our family," Fredette read from a family statement.

"Despite our grief we are also overwhelmed by the strength that this community has given us.

"The Calgary Police Service, our friends and hundreds, if not thousands, of unknown

community members have shown us how to be strong.

"Thank you for your support Calgary, Alberta and Canada."

Baillie was found dead in her northwest Calgary home on July 11, but Taliyah was not there and an Amber Alert was issued.

The little girl's body was found days later in a rural area east of the city. A Calgary man, Edward Downey, faces two counts of first-degree murder.

Police have said he knew both Baillie and Taliyah, but it's not clear how.

An obituary said mother and daughter were inseparable and described Baillie as a dedicated mother who had an unflinching love for her daughter.

It said Taliyah, who recently finished kindergarten and had just learned to ride a bike, was a funny girl who never left home without her sparkly purse filled with lotions and lipsticks.

In lieu of flowers, the family asked that donations be made to the Missing Children's Society of Canada.

THE CANADIAN PRESS

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Syrian kids learning to love boats again



Alex Boyd
Metro | Edmonton

"Whenever they say 'boats,' I have a pain in my stomach," says nine-year-old Maria Alsaheh, through a translator.

For kids like her who watched their family, friends and neighbours flee Syria in rickety boats and inflatable rafts, water has become an option only for the desperate.

But now, an Edmonton coach

wants to help give these kids back the water.

Alsaheh's family arrived in Edmonton on a plane from Jordan after fleeing Syria. Today she still lists off the images she's watched on her mother's phone like it's happening in front of her: Waves, tiny babies, a man kissing his crying wife.

"Boats are not safe," she says. Enter Zak Mahmoudi.

Mahmoudi is the head coach of the Greater Edmonton Racing Canoe and Kayak Club. On Saturday, the club will bus about

50 Syrian kids and their parents out to Kirk Lake for a day of instruction and, Mahmoudi hopes, fun.

"I want to break that trauma of being scared of the water or seeing water as a threat," he says, pointing out that for many, this will be the first time they've used a boat for recreation.

The club is providing equipment and coaches, and a lot of the club's athletes will be on hand to help.

"They're going to be there, paddling with them, showing

them the strokes, making them very comfortable," Mahmoudi says.

Alsaheh isn't sure yet if she'll go as she's not yet convinced help will come if something happens. But her neighbour, Najim Sheikh Asaad, 12, is determined to learn.

"If it happens that I am in a situation where people are in the middle of the sea or drowning I want to know how to save my life," he says.

No one in his family knows how to swim, he says.



Both sides, for and against the SW BRT have ultimately come together on the point that they're "for transit." HELEN PIKE/METRO

Panel gives SW BRT the green light

TRANSIT

Opponents, supporters happy with decision



Helen Pike
Metro | Calgary

After nearly 16 hours, council's last Transportation and Transit committee can only be described in the blurry terms of a late-night bender.

Arguments on both sides, for and against the contentious southwest bus rapid transit plans, echoed just as loud as the forbidden applause, gasps and guttural sounds; but in the end, both sides are happy with the results.

Early Thursday morning, councillors voted unanimously in favour of administration's recommendations to plan a staged approach and consultation with "stakeholders" to minimize impact while responding to travel demand. They also, with little fuss, approved the rest of the BRT program.

Coun. Diane Colley-Urquhart also pitched another consultation process that would see stakeholders giving on-line input and participate in workshops.

On Monday, the item will go before council where debate and votes will clench a final decision.

For the consultation process, Sean Somers, spokesman with the city's transportation department, said it's still early days,

and they're not sure what it will look like.

"At this point the good news is the SW BRT is going ahead, so that's good," said Somers. "If nothing else there was some good discussion on both sides."

The project, which was touted by Mount Royal University as a need in their future growth plans, couldn't come sooner for students.

"Ideally, we would have loved for the recommendations to be passed without amendments, but we are confident in the administration and the council to handle this process appropriately and keep Mount Royal in mind when making decisions," said Shifrah Gadama-setti, president of the Students' Association at MRU. "It's really important to remember that students will use and benefit from this service outside of just their commitments on campus."

Alan Hallman, spokesperson for Ready to Engage, said the group's still concerned about the cost of the project, plans to bring buses to Rockyview Hospital at 75 Avenue and the 90 Avenue SW tunnel. But still very encouraged with council's decision — especially when it comes to consulting stakeholders.

"We see this as a win-win either way," said Hallman. "They said this is a shovel-ready project back in October, and we were validated this is not a shovel-ready project."

He added from everything the group has seen this BRT is not warranted, and the phased approach gives them the opportunity to show council and administration why it's not needed.

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City hedging bets on fuel purchases

PRICE FLUCTUATIONS

Savings may not be all that they seem, says PhD candidate



Brodie Thomas
Metro | Calgary

A report from the city auditor on the practice of fuel hedging has given the green light for the practice to continue, despite noting problems in the past few months.

The city came up with a fuel hedging policy in March 2015 on 80 per cent of Calgary Transit's diesel purchases. The idea is to buy long-term contracts on the delivery of fuel at certain prices in hopes of lowering the city's exposure to changing market prices.

Although city auditors note that the diesel purchased from October of 2016 to April 2017 was not consistent with the predetermined rules, they suggest the practice should be expanded to the city's entire fuel consumption — not just transit.

Blake Shaffer, a PhD candidate at the U of C's Depart-

ment of Economics and former commodities trader, said the city's practice of hedging on fuel may not lead to savings on a larger scale.

First, there are costs involved with hedging.

"Maybe that's the risk premium or the brokerage fee you're paying to the brokerage intermediary for taking that hedge for you," said Shaffer.

Secondly, he suggested they look at its portfolio of risk across the entire city, rather than just on single commodities. In Calgary especially, he said rising energy prices could be an overall net gain for the city.

"While the transit department certainly suffers — they're going to pay more for their diesel — it's likely that the revenue of the city is increasing due to the prosperous economy," said Shaffer.

However, Audit Committee chair Coun. Richard Pootmans thinks hedging on fuel is a sound policy that's being used by other municipalities.

"The point of hedging strategies is to manage risk," said Pootmans. "If prices go up, wouldn't it be nice if we manage that risk appropriately? So it's not done as a speculative play to earn money. It's a risk management policy."



The city used 41 million litres of diesel in 2015. It now has a strategy to hedge on fuel and avoid fluctuations in the market price. JENNIFER FRIESEN / METRO

ADVERTISING FEATURE

HOW TO GET RID OF KNEE PAIN ONCE AND FOR ALL... WITHOUT DRUGS, SHOTS, OR SURGERY

Now, in Calgary, AB, one doctor is helping local residents with knee pain live more active, pain-free lives

Living with knee pain can feel like a crippling experience.

Let's face it, your knees aren't as young as you used to be, and playing with the kids or grandkids isn't any easier either. Maybe your knee pain keeps you from walking short distances or playing golf like you used to.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your knee hurts and the pain just won't go away!

My name is Dr. Jack Kucheran, owner of Northside Wellness Centre. Since we opened 33 years ago, I've seen hundreds of people with knee problems leave the office pain free.

DO YOU HAVE ANY OF THE FOLLOWING CONDITIONS?

- Arthritis
- Knee pain
- Cartilage damage
- 'Bone-on-bone'
- Tendonitis
- Bursitis
- Tendonitis
- Crunching & popping sounds

If you're suffering from these conditions, a new breakthrough in medical technology may completely eliminate your pain and help restore normal function to your knees.

Finally, You Have An Option Other Than Drugs or Surgery!

New research in a treatment called low level laser therapy, or cold laser, is having a profound effect on patients suffering with knee pain. Unlike the cutting type of laser seen

in movies and used in medical procedures, the cold laser penetrates the surface of the skin with no heating effect or damage.

Cold laser therapy has been tested for 40 years, had over 2000 papers published on it, and been shown to aid in damaged tissue regeneration, decrease inflammation, relieve pain and boost the immune system. This means that there is a good chance cold laser therapy could be your knee pain solution, allowing you to live a more active lifestyle.

Professional athletes like Lance Armstrong and team members of the New England Patriots rely upon cold laser therapy to treat their sports-related injuries. These guys use the cold laser for one reason only...

It Promotes Rapid Healing Of The Injured Tissues.

Before the FDA would clear the cold laser for human use, they wanted to see proof that it worked. This led to two landmark studies:

The first study showed that patients who had cold laser therapy had 53% better improvement than those who had a placebo. The second study showed patients who used the laser therapy had less pain and more range of motion days after treatment. If the cold laser can help these patients, it can help you too.

Although there are different types of lasers, the Calgary Flames have 8 of our type of laser systems.

Could This Non-Invasive, Natural Treatment Be The Answer To Your Knee Pain?

For 30 days only, I'm running a very special offer where you can find out if you are a candidate for cold laser therapy.

What does this offer include? Everything I normally do in my "Knee Pain Evaluation". Just call before June 30th, 2016 and here's what you'll get...

- An in-depth consultation about your problem where I will listen... really listen... to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays to determine if arthritis is contributing to your pain.
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

Until June 30th, 2016 you can get everything I've listed here for only \$49. The normal value for this type of evaluation including x-rays is \$250, so you're saving a considerable amount by taking me up on this offer. Remember what it was like before you had knee problems... when you were pain free and could enjoy everything life had to offer. It can be that way again. Don't neglect your problem any longer — don't wait until it's too late.

Here's what to do now:

Due to the expected demand for this special offer, I urge you to call our office at once. The phone number is 403 291-0603.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Our office is called Northside Wellness Centre and you can find us near the Peter Lougheed Hospital just across the street from Value Village. Tell



A new treatment is helping patients with knee pain live a happier, more active lifestyle.

the receptionist you'd like to come in for the Knee Evaluation before June 30th.

Sincerely,
Dr. Jack Kucheran, D.C.
#16, 3434 34th Ave NE
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P.S. Now you might be wondering...

"Is this safe? Are there any side effects or dangers to this?"

The FDA cleared the first cold laser in 2002. This was after their study found 76% improvement in patients with carpal tunnel syndrome. Their only warning — don't shine it in your eyes.

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A policing expert says more boots on the ground isn't necessarily the best way to combat the city's increasing crime rate. METRO FILE

More police hires not only answer

LAW ENFORCEMENT

Professor offers alternative but says plan may be popular one



Jeremy Simes
For Metro | Calgary

Hiring more police isn't the silver bullet to tackling Calgary's growing crime rate, according to a professor with expertise in policing, but he says more boots on the ground will bolster public confidence in the force.

In a city report, the Calgary Police Service (CPS) requested councillors approve \$7.5 million in funding to hire 50 more officers, coming on the heels of Wednesday's Statistics Canada report that shows the city's crime severity index (CSI) grew by 29 per cent.

The report said the money would come from increased

traffic-ticket fines. The report said the number of citizens per police officer has risen from 600 in 2014 to 616 this year.

CPS Chief Roger Chaffin suggested on Wednesday the growing CSI rate is a result of increased drug activity and the economic slump. Many increases were seen in break-and-enters, car thefts and thefts of \$5,000 or less.

Christopher Schneider, assistant professor of sociology at Brandon University with expertise in policing and media, said money for drug rehabilitation, awareness or social service programs may be the best option for resource allocation, given the heightened drug activity in Calgary.

"Fifty cops is not going to be a significant deterrent effect to somebody who is hooked on drugs," Schneider said. However, Chief Chaffin told reporters he's confident in current provincial strategies to tackle root causes of addiction.

But NIMBYism plays a large role in deterring the placement

of new rehab or transition sites, according to Schneider. He said people would rather have more cops in their communities than a halfway house. "We're all in favour of drug rehab but, it's like, 'Oh, no, no, not in my backyard,'" Schneider said. "Putting more cops on the street is not as politically problematic."

Chaffin said public confidence rises when break-and-enters and thefts stemming from addicts reduces. He said the goal is to have addicts become productive members of society.

Coun. Diane Colley-Urquhart told Metro on Wednesday that police resources have been stretched extremely thin, despite the force's initiatives to re-allocate resources to problem areas.

"I'm very pleased with the chief's move to do all he can to find efficiencies within the police service," she said. "We're painting a pretty concerning picture of our police officers being maxed out to the limit. I don't want public confidence to be eroded in any way."

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Test developed for pre-term birth risk

HEALTH

Women can be tested as early as 18 weeks, research finds



Jeremy Simes
For Metro | Calgary

Alberta researchers hope their newly-developed blood test to identify women at risk of delivering prematurely can be used to potentially ensure that new moms are properly prepped for the best birth.

On Thursday, Alberta Innovates Health Solutions published findings of a new blood test that identifies women at risk of pre-term births before the usual 40 weeks of gestation. In some cases, women

can be identified as early as 18 weeks.

Along with improving patient care for women, the study could also enhance the health care system by reducing costs, according to Donna Slater, one of the study's researchers.

"This information we've got is super exciting. In the long-term, what we'd like to be able to do is predict women at risk and develop treatments to pre-

vent pre-term births without side effects," Slater said.

"If you can ultimately prevent babies from staying in hospitals for long periods of time, that will have implications for the cost of health services."

The researchers, from the Alberta Children's Hospital Research Institute, looked at women who participated in the All Our Babies (AOB) study in Calgary. They col-

lected blood from women during the 17th-week and 27th-week intervals, looking at gene expression, profiling and bio-statisticians.

Researchers also looked at patients' clinical history, including pre-term births, abortions or anaemia. By analyzing those indicators, like gene expression and clinical history, researchers discovered they could predict if new moms would deliver prematurely.

If women know they're at risk, they will be able to also avoid unnecessary and expensive tests, according to Suzanne Tough, who headed the team of researchers.

"It will one day prove most beneficial to women who are at risk to deliver pre-term," Tough said. "It's very important so it could make our health services more streamlined and the right women are getting the right treatment."



Tim Wan, director of innovation with ATB, sent \$1K of his own money to Germany using a system the bank is developing with San Francisco-based company Ripple. JENNIFER FRIESEN/METRO

TRANSACTIONS

Alberta treasury sets sights on networking



Brodie Thomas
Metro | Calgary

Banks — like your grandmother — are a bit nervous about using the internet to move money around.

Sure, they offer online banking — but when it comes to moving cash across borders to other banks, they tend to do it the old-fashioned way — and that way takes time.

That's why it's surprising that Alberta-based ATB Financial scored a Canada-wide first with an international blockchain transaction back in June.

The company moved \$1,000 Canadian to ReiseBank AG in Germany using blockchain — the same technology used to create Bitcoin and other online currencies.

Tim Wan, director of innovation with ATB, said that transaction would normally take two to six business days.

"We were able to move money in eight seconds, and they were able to use it almost immediately," he said. "Not only did we see speed increases but also cost efficiencies and transparency — and that's something we never could do with the existing technology."

Instead of secure networks that only talk to each other through

encryption, blockchain works on the concept of transparency. Everyone can watch the data — which is spread across a network of computers — and approve of changes made. All changes are recorded in small blocks of data, and tied to the ever-growing chain.

ATB's blockchain isn't wide open to the public like Bitcoin's blockchain, but it is shared among banks and uses the same basic principle.

"A few years ago we thought about using Bitcoin, but Bitcoin is too volatile," said Wan.

To develop the new technology, ATB partnered with a San Francisco tech startup called Ripple, which developed a proof-of-concept prototype system in just nine days.

Nilesh Dusane, head of global sales for Ripple, said the old international banking system was built to move large sums of money around once in a while.

In the 21st century, he said it's going to be more important than ever for companies to be able to move smaller payments across borders more quickly. Wan said ATB isn't looking at developing patents on the technology for now. It's still looking at ways to make it available to the public.

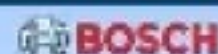
"It works, it's there. It's more secure. It's all the things we need it to be," he said.

HOT SAVINGS - COOL DEALS

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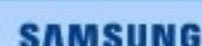
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Southwood skatepark, one of the terrains completed in 2016 by the city. JENNIFER FRIESEN/FOR METRO

Wheels in motion on skatepark plan

RECREATION

Six out of eight promised sites will be opened by end of year



Helen Pike
 Metro | Calgary

The City of Calgary is set to deliver three more skateparks by the end of 2016. That brings the tally up to six parks out of the promised eight — or seven if you count the failed attempt in Edgemont.

The city awarded Wilco Contractors Southwest Inc. with the \$883,890 contract to complete skate spots at sites 5, Deer Run and 6, Midnapore. The New Brighton skatepark is also under construction.

"We're really impressed with the work so far," said Zev Klymochko. "We're rapidly getting where we need to be for

skatepark terrain; there's still a lot of demand."

Klymochko said CASE is getting inquiries from new communities who see how successful the new skateparks are and want their own neighbourhood skateboard facility.

"This is definitely a snowball effect," Klymochko said.

The new parks are teeming with youngsters — especially now that school is out.

"We are excited to be building more skateparks in Calgary, they're an opportunity for youth and family to get outdoors, be active and be part of the community," said city spokeswoman Lisa Fleece.

She said those contracts

“They’re skateboarders themselves — they know what they’re doing.” Zev Klymochko

should be complete by the fall for New Brighton while Deer Run and Midnapore will be done by December 2016 — weather dependent. The skate spots range from about 2,000 to 6,000 sq. ft. and are smaller than skateparks. The size is chosen by the demand from neighbourhoods and the actual viable real estate.

The first round of skateparks opened in September 2015.

"While we don't have actual data currently, we do know, for example, that Huntington Hills, as soon as school is out, is extremely busy," Fleece said. "We've heard from the skateboarding community the parks are well used and quite active."

Wilco Contractors has teamed up with a subcontractor experienced in skatepark construction, and Klymochko said CASE has been visiting the site regularly and are impressed with the build so far.

"They're very experienced, and they're skateboarders themselves — they know what they're doing," Klymochko said.

EMPLOYEES

City manager tops salary list as figures again made public

For the second year in a row, the City of Calgary has released a compensation disclosure list for positions with the city.

The list only has position titles along with base and max salary for each of those positions.

Employee names and numbers of employees in each position are not included in the list.

More than a third of city

employees — 36.4 per cent — earn between \$50,000 and \$75,000 per year. Exactly one-third of city employees fall in the \$75,001 to \$100,000 range.

The list has 32 more job positions listed than in 2015, and the city reported 274 more full- or

36%
 Just over 36% of city employees earn between \$50,000-\$75,000 per year, according to the figures released.

part-time employees than last year, with a 2016 total of 13,366.

Topping the list with a base salary of \$265,000 is city manager Jeff Fielding.

The position of senior services worker can be found at the bottom of the list with a base salary of \$29,120. METRO



Alberta Cycle owner Mike McGrath said he had to lay off 30 per cent of his staff in the past year due to a drop in parts, accessories and service consumers. KEVIN TUONG/FOR METRO

Albertans cut back on splurging

SHOPPING

Province the only one to see spending dip, says report



Kevin Maimann
Metro | Edmonton

Albertans are hitting the brakes on unnecessary spending — well, at least one segment of them is.

A new Moneris Metrics report shows Alberta is the only province in Canada where general consumer spending is down, and businesses like Alberta Cycle in Edmonton are taking a hit.

Owner Mike McGrath said he has had to lay off almost one-third of his staff over the past year because parts, accessories and service sales have dropped sharply.

Meanwhile bike sales have held steady.

To McGrath, that means one thing.

"Not as many people are riding," he said. "White collar are still buying bikes, enjoying life, buying yachts, buying planes, yadayada. It's affecting the blue collar."

McGrath figures motorcyclists are letting their bikes sit in the garage this year so they don't spend money maintaining them.

"People in this industry, they're not broke," he said.

"They're not bums pushing shopping carts," he added, unprompted. "It's just the blue collars are holding their money tight to their heart. It creates a vicious circle."

Alberta's 2.9 per cent year-over-year spending decrease in the second quarter of 2016 sharply contrasts a 5.5 per cent increase nationally, according to the Moneris report.

In Ontario, spending rose 8.4 per cent.

Fraserway RV general manager Dean Wendland is also feeling the pinch as people hesitate to throw down for pricey recreational vehicles.

"It's not as easy to sell (RVs) anymore," he said. "People are taking a lot longer making their decisions. They're being a lot more cautious with their money. So it's taking a lot more effort to encourage people to spend."

It's not all bad news for Alberta, though. Spending dropped the most in May, when charitable donations across Canada rose a whopping 60 per cent in response to the Fort McMurray wildfire.

So, we can take solace in the fact that goodwill might explain some of our spending pullback.

Moneris president and CEO Angela Brown said she expects spending to rise in the third quarter.

HOUSING INSPECTIONS

Project Watch returns to early properties



Ryan Tumilty
Metro | Edmonton

An Edmonton Police program launched last year to deal with government housing that has become a magnet for crime is now returning to many of the sites it first inspected.

Project Watch, which began examining motel

rooms where the provincial government was housing vulnerable people, has moved on to apartments and other housing.

In many cases, investigators found bug infestations and poor conditions — and often found the government was spending heavily on the program.

Sgt. Kevin Fald, who now oversees Project Watch, said police are returning to some of the places they first visited

now to make sure changes have been made.

"If we can go back and make sure they are continuing to supply and provide that safe environment, it's a big thing for us," he said.

The team uses police alongside social workers, fire inspectors, health officials and occupational health and safety officers to look at apartments or motels and address concerns.

It began after police noted

a high concentration of calls around certain west-end motels.

Fald said some landlords have kept up their properties, but others have not and the team pushes them for change.

He said some landlords also welcomed the police's help in fixing properties.

"In some cases you had landlords that were afraid and intimidated to deal with some of these issues," he said.

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CHARITIES

Fort Mac man wins lotto, pays it forward

A lottery winner from Alberta who was among the thousands forced to flee a huge wildfire in Fort McMurray says he plans to give back to charities that helped his family.

Jason Wheeler won \$1 million in the July 6 Lotto 6-49 Extra draw. Wheeler says the Canadian Red Cross, the SPCA and food banks provided help when his family had to evacuate because of the fire in May.

He says he wants to return the favour with donations to those organizations. Wheeler says he also plans to pay all of his bills, help his family and buy a golf cart for his campsite.

THE CANADIAN PRESS

WORKFORCE

AltaGas fires 70, saves \$7M

Calgary-based power and natural-gas supplier AltaGas Ltd. says it has reduced its workforce by about 70 workers.

It said the job cuts implemented in June would result in a \$7-million-restructuring charge on its second-quarter earnings. The reduction of its non-utility workforce is expected to result in savings of about \$7-million per year.

The company listed 1,753 employees at the end of 2015 in a regulatory filing, with 1,056 considered utility workers and 697 in gas, power and corporate roles.

AltaGas and its joint-venture partners have recently halted work on two proposed liquefied natural gas projects in northern B.C. THE CANADIAN PRESS

Calgary's top-tier Pokémon Go spots

AUGMENTED REALITY

City tracking number of trainers in tall grass, parks



Jeremy Simes
For Metro | Calgary

Sam Ijaz decided to whip out his cellphone for different reasons after an Aerodactyl allegedly emerged in Prince's Island Park on the Jaipur Bridge on Tuesday evening.

As Pokémon GO continues to lure Calgarians out of their hovels, the city says it's keeping a close eye on popular locales in case they require a larger security presence.

Ijaz, who filmed dozens of Calgarians cluster on the Jaipur Bridge in Eau Claire, said things were pretty chill prior to the sighting.

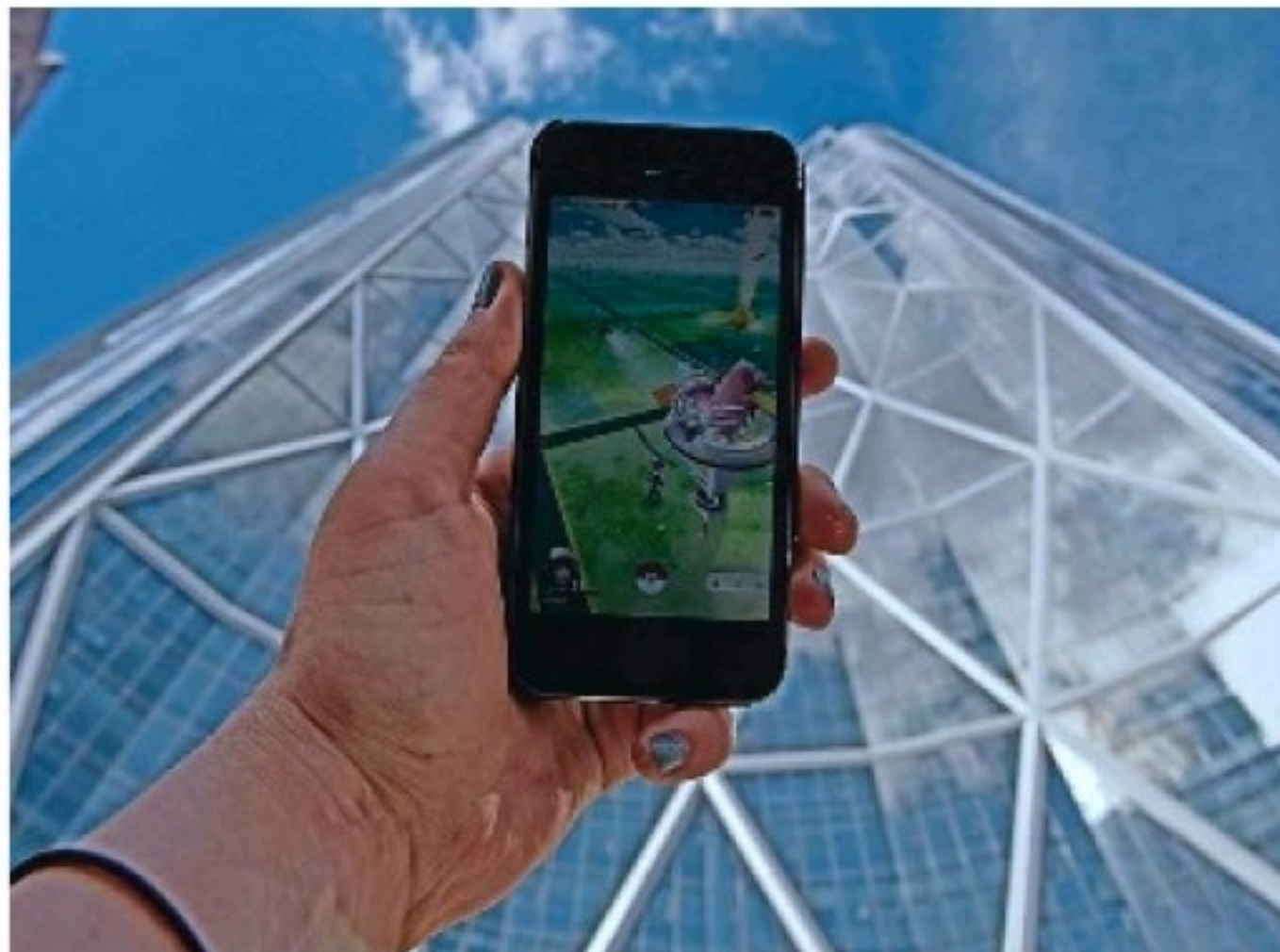
"It all started in the field to be honest, hanging around the lures when all of a sudden you hear people screaming 'Aerodactyl,'" Ijaz said. "After a couple of name-drops you started hearing whistles, and that's when it got crazy — people started running to the bridge from both sides, north and the south."

People were rubbing shoulders once on the bridge, Ijaz added.



We're happy to see people out exercising.... Be careful in traffic.

Mary Ann Houston, City of Calgary spokesperson



Calgarians are finding much bliss playing Pokémon GO. METRO FILE

"People were pumped, excited and hyped," he said. "No one was pushing or screaming and all around happy."

Mary Ann Houston, a spokeswoman for the City of Calgary, said the city is monitoring the Pokémon-GO situation, adding peace officers will be at the ready in case a serious incident does occur.

"We're happy to see people out exercising," she said. "Be careful in traffic."

She said Pokétrainers should be careful to not hiring non-licensed drivers to help them catch the monsters, adding being in a friend's car or a licensed taxi is OK.

Ijaz said Tuesday's Aerodactyl-sighting is the third time

TOP 4 POKÉMON SPOTS IN CALGARY

Prince's Island Park The Jaipur Bridge is known for its dragon Pokémon, and many trainers set up lures at the numerous Pokéstops. There are also gyms.

Connaught Park and the Beltline Even if there isn't a lure, trainers have spotted Kabutos, Squirtles, Polywraths, Charmanders, and more. Don't forget: gyms.

he's spotted a rare Pokémon in Prince's Island Park.

He's been going there almost every day for an hour or two.

"Tuesday night was awesome

Chinook Centre

What makes Chinook a great spot is that it has free Wi-Fi, Pokéstops, gyms, a food court and lots of walking to hatch your eggs.

Research Park Located near the University of Calgary, you'll find eight Pokéstops right next to each other, causing trainers to usually make one massive lure.

and savage," he said. "Seeing all the people there was weird... So it was a roller coaster of emotions: excitement, scary, and ridiculous."

ANIMALS

Whole city is going to the dogs: Pet census



Helen Pike
Metro | Calgary

Over the past 15 years there's been a split in pet ownership — and it's clear to see Calgarians are dog people.

"Who knew that our census was about cats and dogs as well as people," said Mayor Naheed Nenshi.

Starting in 2001, cat ownership began dwindling while dog ownership climbed. In 2016 there are 135,070 dogs and 70,023 cats. Before 2001 cat and dog ownership were practically on par with 92,563 dogs and 90,137 cats reported in 2001.

"We don't ask about dogs and cats every year," said Nenshi.

"What this may indicate on the cat front is we probably need to do a little bit of work around compliance with licensing and ensuring people are reporting their cat."

But a spokesperson from bylaw said cats only began to require licensing in 2007, and since not every census asks about pet ownership, they're not comfortable assessing the trend. The census also only asks people if they have a cat or dog, and not why they have one.

The mayor noted he's not keen on opening up the tin of fancy feast about cat licensing — it was a contentious debate at the time — but he hopes administration will be able to look at the census numbers and ensure enforcement is being done.

"If they are registered it makes my life on Twitter a lot easier, trying to find lost cats," said Nenshi.



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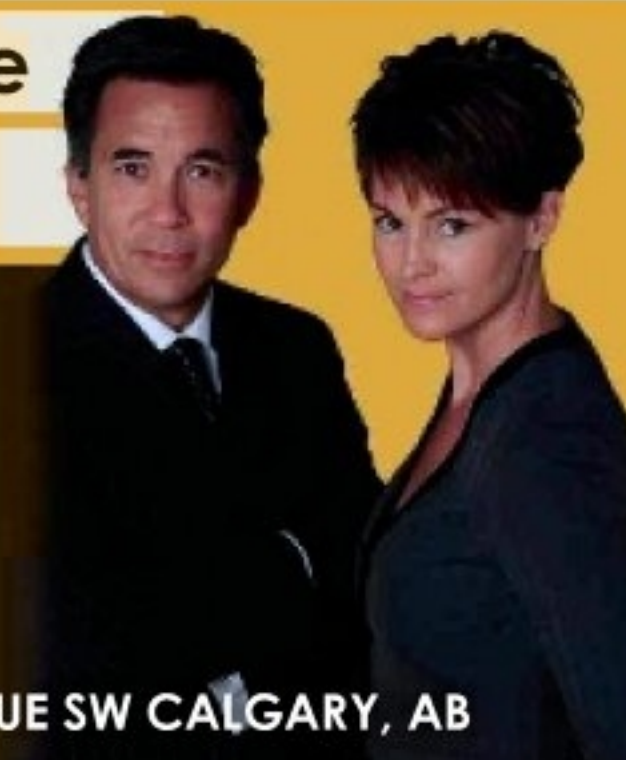
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HOUSING MARKET

Home-building boom expected for Fort Mac

A home-building boom in wildfire-ravaged Fort McMurray, Alta., is expected to start later this year and expand in 2017, the likes of which haven't been seen in 20 years, Canada Mortgage and Housing Corp. said Thursday.

The federal housing agency released a report that looked into the community's housing market following the fire that erupted in May and destroyed 2,000 structures.

Tim Gensey, a market analyst for CMHC, said the report was

based in part on what happened after a fire took out more than 500 homes and buildings in Slave Lake, Alta., in 2011.

The report said if all the single- and multi-family homes destroyed by the fire in May were rebuilt in one year, along with the usual number of new homes, it would result in about 2,500 housing starts — greater than the previous record of 2,200 starts in 2007.

But Gensey said it's unlikely housing starts for destroyed

homes in Fort McMurray can begin this year due to the extensive cleanup required.

"We did note that most of the reconstruction permits were received within 14 months of re-entry into Slave Lake and construction obviously took place after that, so we will probably expect a timeline that's similar to that (in Fort McMurray)," he said.

Jim Rivait, CEO of the Alberta branch of the Canadian Home Builders' Association, said it typically takes six to nine months

to build a house and it will likely take two to three years to finishing rebuilding Fort McMurray's homes.

He said many decisions have yet to be made by the municipality, including when and whether it will allow reconstruction of homes in certain areas that may have environmental problems. Insurance settlement processes will also likely delay housing starts. "There will be some built (this year). Certainly not 2,500," Rivait said. THE CANADIAN PRESS



V.S. holds the two pairs of scissors she's received at the hospital. She thinks AHS shouldn't throw them out.

Health-care cost-cutting adds to trash

MEDICAL EQUIPMENT

Authority says tossing tools cheaper than re-sanitization



Jeremy Simes
For Metro | Calgary

V.S. finds it a bit ridiculous she's collected two pairs of scissors from her local hospital, but Alberta Health Services (AHS) says it's cheaper to discard the cutting tools than re-sanitize them.

In light of the government looking to cut the growth of health-care spending, V.S. — who requested to not have her last name published — suggests AHS, which spends \$60,000 annually on cutting utensils, look at its scissor-distribution policy.

She said she was given the scissors after a nurse at the Sheldon M. Chumir Health Centre used them to cut bandage dressing, while attending the centre's wound clinic.

"I find it absolutely absurd to be throwing away stuff like that," she said. "I don't know how much it would cost to sterilize these, but why throw scissors away? They're metal."

But Nancy Alfieri, executive director of infection and

control in the Calgary Zone, said it's standard practice to follow manufacturer's instructions for cleaning, disinfection and sterilization of medical devices and equipment.

She said the scissors are discarded because they're designated as "single use."

"The spread of infection between clients with single-use equipment is eliminated and the quality of single-use items is high, while at the same time, being cost-effective for the health-care system," she said.

"For multi-use equipment in a wound care setting, the items must be cleaned and sterilized at a very high standard (surgical) which only occurs at acute care sites. The reprocessing of these multi-use items is quite involved and costly."

She said patients would be advised of acceptable uses for the disposable single-use scissors.

V.S. says she's not entirely sure what she'll do with scissors, adding they'll likely stay in a drawer.

I find it absolutely absurd to be throwing away stuff like that.

V.S.

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DIVERSITY IN ACTION IN THE WORKPLACE

Fire department igniting change

CULTURE

Chief leading the charge to open up force



Helen Pike
Metro | Calgary

Behind the helmets, boots and fire-resistant suits, firefighters are firefighters first.

But that hasn't stopped Chief Steve Dongworth from administering an overhaul within his ranks to create an environment for diversity.

Last year, the chief updated city council on strides to attract a more diverse force. Particularly, council honed in on the department's low female ranks. Since then, the Calgary Fire Department hasn't had any new recruits, but they've taken steps towards becoming a female, LGBTQ and culturally-attractive workplace.

"We come from a history of it being a male-dominated culture and organization; that doesn't change as quickly as you'd like," said Dongworth. "My goal would be to move as far as I can in my time as the chief in the department."

Kris Wells, director of the Institute for Sexual Minority Studies and Services at the University of Alberta said firefighters have a hyper-masculinized culture that's not typically been welcoming to women and gender minorities.



Julian de Sousa and Carol Henke with the Calgary Fire Department. COURTESY CFD

"From what we've seen fire departments are even more conservative than police departments, so they're really struggling to catch up," Wells said. "There's still a lot of work to do to create a culture, and really what that takes is leadership."

Wells commended CFD for their efforts and added other Canadian forces are doing the

same, with Edmonton heading up a diversity committee and other initiatives across the country.

One of the issues the CFD has come up against is the aforementioned "firefighters first" culture. For many who work as firefighters, their religion, cultural background, sexual preference or gender have little to do

with their careers. Dongworth said because of that, and because the force can't require their employees to divulge that information, their statistics aren't reliable.

"We can ask people to disclose what gender they are, what culture they are, but it's absolutely voluntary," said Dongworth. "I can't point at numbers...we're still in the same situation in that we don't represent the population we serve and that's certainly our desire."

Change doesn't happen over-

PERCEPTION

City gets employees talking

Calgary's diverse workforce efforts have been moving along slowly but surely.

This year, they've included an "inclusion index" option on their annual internal survey to see how they fare in employees' perception of inclusion. They're hiring "subject matter experts" on an ad hoc, contractual basis to "design and facilitate topics related to diversity and inclusion."

In 2015, Metro reported the city was having difficulty keeping track of the diversity of their employees.

They began surveying employees on demographics and diversity.

The "diversity and inclusion in the workplace framework and action plan" will add tactics and training to the city's roster, something Dr. Melanie Peacock, assistant professor at the Bissett School of Business, is important.

"You need to have those conversations, make people aware, in a safe environment make sure people are able to talk about these issues," Peacock said.

"It helps to build an inclusive workforce, but you can't assume that will naturally happen."

She said diversifying the workforce can cut down on cultural problems at work, and help clients in interactions.

HELEN PIKE/METRO

FACILITIES

Gender-neutral washrooms on agenda

There's no stalling when it comes to progress at the city.

A hot and urgent topic in many municipalities comes down to the sign on bathroom doors — and Brian Pincott doesn't want to skirt around the issue. In a notice of motion coming before councillors on Monday, he's proposing all of the city's "single occupancy" washrooms get re-signed to be gender neutral.

"We need to develop a policy that on future City of Calgary buildings, purchased or renovated, we have a policy in place so we include gender neutral washrooms," said Pincott.

He consulted with the city's LGBTQ community and asked where the city could be more inclusive, and without hesitation the response was "washrooms."

"This actually ties into all of our policies," said Pincott. "It

just makes sense. It's an easy step we can take to start moving us down this path as a city."

Calgary definitely isn't the first to do this. In 2013, Vancouver claimed to be the first municipality to make the move towards gender neutral bathrooms, passing a motion to amend building codes that would require single-stall bathrooms to follow strict rules. In Edmonton, councillors voted

in favour of this move over a year ago and Regina is set to reveal its first gender-neutral bathrooms in August.

"It's great, it's positive," said Kris Wells, director of the Institute for Sexual Minority Studies and Services at the University of Alberta. "It's important that the cities having a look at facilities and starting with washrooms. I hope they have a broader plan."

HELEN PIKE/METRO



Ward 11 Coun. Brian Pincott proposing the move. METRO FILE



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The Calgary Police Service is watching for changes to the country's impaired driving laws once new marijuana legislation is enacted. THE CANADIAN PRESS FILE

Police hope impairment laws add pot

REGULATION

Driving while high may carry same penalties as drinking



Lucie Edwardson
Metro | Calgary

The Calgary Police Service is eagerly awaiting action on impaired driving laws once marijuana legalization goes through, according to Staff Sgt. Paul Stacey.

In February, the Liberal government officially announced its plans to legalize and regulate marijuana by early 2017, and Stacey said it's still unclear what that will mean for those who might drive while high.

"The rub is, we're waiting for the marijuana legislation to pass," he said. "Whatever that will look like, we're hoping for the best as far as impaired driving rules go. But, I guess time will tell."

Stacey said he believes the best course of action would be to treat the laws surrounding driving high the same as those for drinking and driving, meaning there should be a set limit, like the 0.08 law for alcohol.

"We hope there's going to be some kind of per se limit attached to it just like there is with alcohol," he said.

"That's something that experts and medical professionals are all looking at putting."

But, local pot activist, Keith Fagin who represents the Calgary 420 Cannabis Community group, said they don't believe the two are synonymous and shouldn't be treated the same way.

"The problem is that cannabis keeps getting compared to alcohol," he said. "Cannabis and alcohol are not the same at all."

Fagin said unlike alcohol, which moves more quickly



Cannabis and alcohol are not the same at all.

Keith Fagin, pot activist

through someone's system, cannabis stays in an individual's system for longer, so measuring for THC levels in someone's system at a check stop wouldn't work the same.

"Cannabis stays in your system sometimes for up to 30 days or longer for some people," he said. "If I drink a glass of wine three days later I get stopped I wouldn't be considered impaired of course, and that's where we're concerned about cannabis checks."

Fagin said he believes police need a better way to check for all things that could impair people, even lack of sleep or emotional stress that could cause a driver to become "impaired."

STUNTING CHARGE

Driver with anti-Harper sign convicted

A judge in Alberta has convicted a man of stunting after he was pulled over by police for driving his car with a sign with an expletive aimed at former prime minister Stephen Harper.

Robert Wells of Edmonton was driving home from British Columbia when he was pulled over in August 2015 by an RCMP officer near Ponoka, Alta., and told to remove the sign.

He refused, saying it was a

political statement and he had a right to have it in his window.

Judge B.D. Rosborough wrote in his ruling that the handmade "F-k Harper" sign didn't amount to stunting itself, stating that it didn't amount to a dangerous trick or manoeuvre.

But Rosborough said he believed testimony that Wells was deliberately slowing down and cutting in front of traffic on Highway 2 so that people would see his sign.

The judge said Wells was

interfering with the orderly progress of other vehicles on the highway, which he said met the criteria for stunting.

"Display of a sign in the rear window of a vehicle was hardly a notable or impressive act of skill or daring," Wells wrote in his ruling. "Likewise, it could not amount to an exciting or dangerous trick or manoeuvre," he continued.

"On the evidence that I do accept, I am satisfied that Wells was intentionally interfering

with other traffic in order to advertise his 'anti-Harper' sentiment."

Wells, who represented himself when the case was heard earlier this year, said he knew he had to challenge the ticket because it suppressed his right to freedom of expression.

The Crown argued there are other ways to express oneself and a busy highway is not the right place for such political discourse.

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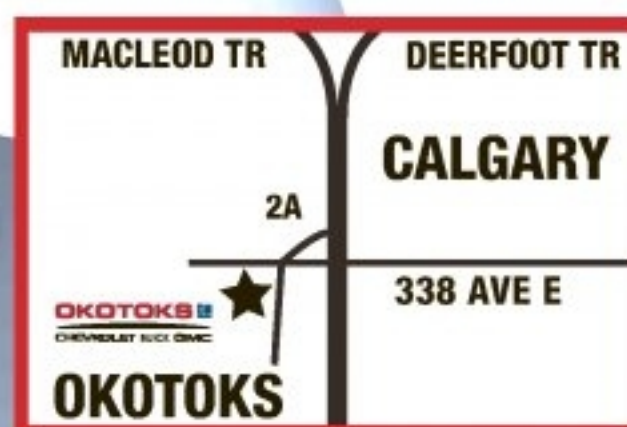
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Pet policy muddle forces couple to fly separately

AIRLINES

Air Canada refuses to fly dog back from Nova Scotia



Lucie Edwardson
Metro | Calgary

A Calgary couple who travelled from Calgary to Nova Scotia for a wedding said they're not too impressed with Air Canada after they booked flights for themselves and their dog, only to be told three weeks later the airline wouldn't fly the dog.

"Got a call from Air Canada today, three weeks after booking our flights and only a week before we fly home, to say they actually have a policy against flying animals from June to August," said Cinda Mary in a post on Facebook.

Mary said she and her boyfriend, Mike Armstrong, had booked their flights separately, but so that they could fly together with their dog Griffin.

"We are now stuck where Air Canada won't give us a refund, only credit for a future flight for Mike's flight and we must re-book with WestJet where flight prices have doubled," she said.

Mary said they booked using an Air Canada agent over the phone so they don't understand how the confusion happened.

"The gentleman on the phone said the girl who booked

our dog must not have known about their policy as it's a recent change," she said. "It's very frustrating that we booked three flights and they're only refunding our dog and crediting one flight."

"I flew from Calgary to Nova Scotia with our dog and then all three of us were supposed to fly with Air Canada back to Calgary," she added. "But, as you can tell we won't be flying together anymore."

Air Canada said after looking into the situation the pet booking was added "just outside the refundable window."

"We're happy to refund the customer's flight booking as we were not able to accept his pet booking due to our annual peak period animal embargo," said an Air Canada spokesperson. "Our reservations team has been in touch with Mr. Armstrong to finalize this."

They said the pet embargo policy during the summer has been in place for "at least 10 years."

"For the safety of the pets due to the potentially high temperatures on the ground at many airports during the summer, together with the extremely full flights during peak periods ... we're unable to accept pets during these peak periods."

Mary said the only good thing that came out of the situation was how well WestJet treated them and their pup.

"I was extremely impressed with the amount of care and love they showed for Griffin," she said.

All three of us were supposed to fly with Air Canada back to Calgary.

Cinda Mary



Cinda Mary, Mike Armstrong and their dog Griffin had a doggone time getting back to Calgary.

CONTRIBUTED

FATAL COLLISIONS

Feeders bad for birds: Study

Despite being built with the best intentions, new research out of the University of Alberta warns that bird feeders could be lethal.

The study enlisted more than 1,300 households to report how many birds flew into their windows over 18 months, and found that homes with bird feeders in the yard increased the risk of collision by 1.7 times.

Homes in rural areas and those with vegetation in the yard also came with spikes in danger for the animals — homeowners with trees more than two storeys tall witnessed collisions 3.6 times as often as those without trees.

"It seems the people who are trying to attract birds and want birds in their yard have the most bird-window collisions," said Justine Kummer, lead author on the study.

Kummer added that, while people aren't likely to try and discourage birds from visiting their yards, there are some ways to help the birds steer clear of the glass.

She recommends closing blinds to cut down on the reflection of trees, using UV bird window decals and moving bird feeders closer to the windows so that, if frightened, the birds "won't have enough speed to do damage to itself."

"We're trying to find ways people can still have birds in their yard," said Kummer.

"We don't want to tell people to get rid of their bird feeder and get rid of their trees, because that's not going to happen."

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Yazidi refugees watch as others celebrate news of the liberation of their homeland of Sinjar from Daesh extremists, while at a refugee camp in Derek, Rojava, Syria. GETTY IMAGES

Solution sought as Yazidis flee horror

REFUGEES

Minorities desperate for asylum face stalled court

An emotional three days of testimony on the plight of minority refugee groups has ended with no consensus on how the federal government could move forward to help.

That's prompted opposition Conservatives and New Democrats to propose their own solutions while slamming the Liberals for their seeming unwillingness to assist one particular group desperate to escape genocide, the Yazidis.

All the MPs on the Commons' immigration committee were visibly moved by testimony during hearings on vulnerable minorities that detailed the atrocities facing Yazidis in Iraq.

The unusual summer hearings were called to find ways to help.

But the immediate response to the testimony amounts to a letter to the federal immigration minister that contains no recommendations other than a call to expedite applications from the Yazidis, a Kurdish minority group which practices an ancient faith.

Randeep Sarai, one of the Lib-

eral MPs on the committee, said the letter is the best that can be done right now. It will take time to come up with solutions based on the volume of evidence presented, he said.

"It's like asking a judge to make a decision on the same day as a 10 day trial," Sarai said in an interview Thursday.

There's no question, Sarai said, that what's happening to the Yazidis is barbaric and demands the world's attention.

The United Nations said as much in a report last month

over the summer."

In the meantime, Rempel and NDP MP Jenny Kwan have sent public letters of their own to the minister laying out their ideas.

Among their proposals is that the minister invoke his powers under the immigration act to accept applications from people abroad on humanitarian and compassionate grounds, opening an avenue beyond traditional refugee streams.

The former Conservative government had sought to prioritize religious minorities, but an

"We can't wait until the House gets back ... the government has to act over the summer."

Conservative MP Michelle Rempel.

that called, among other things, for countries to accelerate the asylum applications of Yazidi victims of genocide.

The UN report spurred the committee to hold the extraordinary summer meetings, so the absence of specific recommendations is disappointing, said Conservative MP Michelle Rempel.

"We can't wait until the House gets back in September for question period and 10 weeks of committee study," she said.

"The government has to act

audit of those efforts revealed it didn't quite work. Only three Yazidi refugees arrived out of more than 500 files reviewed, The Canadian Press reported this week.

The audit findings spurred bitter partisan bickering at the committee.

The Liberals asserted the Conservatives could have helped but did not, while the Tories argued the Liberals are resisting action because it was a Conservative initiative.

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Canadian elevators opening 'in a crisis'

SLUGLINE

Conditions worsened by less and less maintenance

Every day of the year, Canadians across the country are finding themselves trapped in faulty elevators, while countless more are suffering through inconvenience and isolation because of elevators that are out of service — and the problem is worsening, an investigation has found.

Last year, for example, firefighters in Ontario responded to 4,461 calls to extricate people from elevators — more than a

dozen a day — and double the number from 2001.

"I don't think we're heading toward a crisis, I believe we're already there," said Rob Isabelle, a mechanical engineer and elevator consultant to property managers and owners.

"If we look at the reliability of a large number of pieces of equipment, it's really the worst it's ever been."

Among cities, Toronto led the way last year with about 2,862 elevator-rescue calls to 911, but others also had their share of problems.

For example, Montreal firefighters responded to 1,532 such calls, Vancouver responders went to 428 calls, while Ottawa saw 314 in 2014.

Many calls involve rescuing more than one person. Others who find themselves stuck are freed without 911 involvement.

Insiders say the steep rise in problems is partly the result of more elevators — Ontario has seen a 10 per cent increase over the past five years. But the real culprits, they say, are aging equipment and structural issues within an industry dominated by four huge multinationals: Otis, Schindler, Kone and ThyssenKrupp.

When it comes to Canada's elevator market, those companies have been in a race to the bottom in their efforts to grab market share, Isabelle said.

Thirty years ago, he said, a technician would typically service about 35 to 45 elevators for about \$1,000 per elevator a month. The maintenance contract included everything needed to keep the elevators humming — excluding extraordinary events such as flooding or vandalism. Nowadays, he

said, that same contract might be worth about \$600 — with each technician responsible for 100 elevators.

"We're into almost this downward spiral," Isabelle says. "Service technicians are getting loaded up more and more, having less time to do preventive maintenance."

Property owners and managers — particularly those looking after older buildings — are increasingly dealing with an expensive dilemma as parts and technicians familiar with the aging equipment become hard to find or disappear altogether.

Brent Merrill, CEO of Metcap Living, said rental-apartment landlords, faced with a constant cycle of repairs, are being forced into elevator modernization that can cost between \$150,000 and \$300,000 each — and keep the lift out of service for months. The expense, he said, can only be partly recovered from residential tenants over several years.

THE CANADIAN PRESS



Canada's Premiers pose for a family photo alongside the Yukon River during a meeting of premiers in Whitehorse on Thursday.

JONATHAN HAYWARD/THE CANADIAN PRESS

PREMIERS MEETING

Potential trade deal

The elusive goal of interprovincial free trade remained just that Thursday afternoon as premiers struggled with "a small number" of unresolved issues.

"There are a small number of outstanding issues that are, by nature, very complex," said Quebec Premier

Philippe Couillard in Whitehorse where the premiers are gathered for their summer meeting.

"The toughest issues are always left for the end, so it's going to be requiring more work, but I'm not giving up

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on the possibility of a deal while we are here."

Couillard said a deal could go forward without consensus on the movement of wine and beer, but that wouldn't serve interests of producers or consumers.

"For our citizens, it is some-

thing that is important," he said.

Alberta's Rachel Notley and Brad Wall of Saskatchewan met privately over Alberta's recent markup on beer, but deferred the issue to officials.

"We want these issues resolved while we are here," said Couillard.

THE CANADIAN PRESS

QUEBEC

Appeal called 'a lack of understanding'



Jeremy Gabriel CONTRIBUTED

Jeremy Gabriel, a young Quebec artist, expressed disappointment Thursday that comic Mike Ward is appealing a human-rights ruling that requires Ward to pay \$35,000 for mocking Gabriel's appearance and singing.

The Quebec Human Rights Tribunal ruled Wednesday that Mike Ward made discriminatory comments about Gabriel's handicap during shows between 2010 and 2013.

Gabriel, 19, has Treacher Collins syndrome, a congen-

ital disorder characterized by craniofacial deformities. He is well-known in Quebec and sang for the pope in 2006. He has also performed for Celine Dion.

In a video of one of Ward's performances, he can be seen calling Gabriel ugly and wondering why he hasn't died five years after getting his wish to sing in front of the pope.

Gabriel said he is disappointed Ward intends to challenge it. "It's a lack of understanding, on his part, of the reasons for

the complaint, the reasoning of the human rights tribunal, and of the cause he claims to defend: freedom of expression," he said.

Gabriel said the case was more about discrimination than free speech.

"In this case, freedom of expression is a false debate," he said. "When you use discriminatory motives that incite hatred, you can't talk about freedom of expression."

THE CANADIAN PRESS

ISSUES

Disordered eating an issue among LGBTQ

Gay, lesbian and bisexual youth are continuing to purge, fast or take diet pills to lose weight while rates for such behaviour among heterosexuals have decreased, a University of British Columbia study says.

"Our study has found that it's only getting worse for lesbian and bisexual girls," said lead researcher Ryan Watson, a postdoctoral fellow at the university's school of nursing.

The research involved 26,000 students in Massachusetts, but the results for the Grades 9 to 12 students are the same as an

it's only getting worse for lesbian and bisexual girls. Ryan Watson

even larger and yet-to-be published British Columbia survey among students in Grades 7 to 12.

The Massachusetts study, based on data collected between 1999 and 2013, was published this week in the International Journal of Eating Disorders.

Watson said Massachusetts is one of the few states that since 1991 has asked youth about

sexual orientation as part of its regular surveys on adolescents.

The study said that in 2013, lesbians were twice as likely to report purging and fasting than they were in 1999. For that year, the prevalence of purging among bisexual girls, at 33 per cent, was higher than for lesbians, at 22 per cent, but stayed nearly the same in 2013, when it jumped to 36 per cent

for lesbians girls.

In comparison, eight per cent of heterosexual girls reported purging in 1999, but the rate went down to five per cent in 2013.

Heterosexual boys had the lowest rates of the behaviour, and it declined further over the years.

Watson said it's not known why there's such a disparity among the different groups of youth, but it's clear that sexual minority kids need targeted programs.

THE CANADIAN PRESS

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DAY 4

Brisk business thrives



STEVEN GOETZ
METRO'S
REPORTER IN
CLEVELAND

Vendors lining downtown Cleveland's streets as it hosts the Republican National Convention this week are doing brisk business selling the ubiquitous 'Make America Great Again' hats and 'Hillary for Prison 2016' t-shirts.

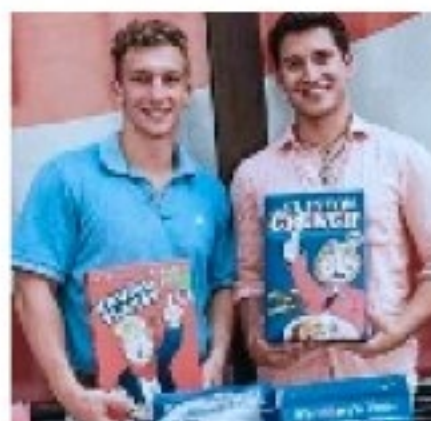
The more unique items for sale carry mostly crude and offensive messages — not "politically correct" in the language of Donald Trump and his supporters.

Two friends from New Jersey have bucked that trend with their Trump Flakes and Clinton Crunch cereal, a product they designed to appeal to everyone.

Darrin Maconi, a finance advisor, and Daniel Malafonte, a business student, put up their savings to manufacture a thousand boxes, hoping to profit off the marathon presidential campaign.

Many of the vendors here say they are true Trump supporters, not just opportunists making a quick buck, but Maconi and Malafonte aren't ready to reveal their own political affiliations.

"If you hang around until after our boxes are gone, we will give you an answer," Maconi said.



Darrin Maconi and Daniel Malafonte STEVEN GOETZ/FOR METRO

In midst of Trump's pledge to safety, many feel fearful

ANALYSIS

Trump is one mistake by Clinton away from presidency

It rocked with incompetence. It throbbed with hatred for Hillary Clinton. It caught fire and burned, burned, burned over this black hole of a candidate, Donald Trump.

And now, with the smoldering remains of the Republican National Convention done and dusted, only one thing remains. It's time to be afraid.

No need yet for the full duck-and-cover. No need, either, to pore over every word of Trump's

Thursday night finale in search of carved-in-stone tablatore from Moses. He will say something else tomorrow. Or tonight. Or in 15 minutes.

But some degree of actual fear is appropriate now, given Trump's utter destruction of the Republican political sausage factory. The crucible of a national convention is meant to heal, unite, galvanize and thrust the candidate forth as standard-bearer for the party of Lincoln.

Instead, Donald Trump emerges as Donald Trump, with the party of Lincoln looking more like the party of clown car. And now he's in the home stretch to November, with the White House looking nearer than any one imagined possible.



I am, for the first time since I began covering American politics, genuinely afraid. Ezra Klein

Ezra Klein, writing Thursday as editor-in-chief of Vox, put it this way: "I am, for the first time since I began covering American politics, genuinely afraid." The issue is not ideology, but character, wrote Klein — "his temperament, his impulsiveness, his basic human decency."

"Trump has shown us who he really is. He is a person who should not be president. That he is being brought this close to the presidency — that he is one major mistake by Hillary Clinton away from winning it — should scare us all. It certainly

scares me."

One fact the Cleveland experience made abundantly clear: Trump's impulsiveness will not be bottled and capped by anyone. Trump gonna Trump, no matter what. Often with the attention span of a common housefly.

NATO allies cannot count on unconditional backing from Donald Trump's America without a better financial deal. Nor should America be in the business of holding the world's worst leaders to account on how they treat their citizens, rump said,

because "When the world looks at how bad the United States is, and then we go and talk about civil liberties, I don't think we're a very good messenger."

Trump's words rocked three cornerstones of U.S. foreign policy. When his campaign manager denied the report, insisting his words had been taken out of context, the Times released a full transcript. The context made it even worse.

The now well-established pattern: When Trump is under the control of a teleprompter, a strong semblance of Republican ideology emerges. When he veers off-script, the language veers back to the same aggrieved Fortress America rhetoric.

TORSTAR NEWS SERVICE



Delegates celebrate at the Republican National Convention on Thursday in Cleveland, Ohio. GETTY IMAGES



Donald Trump speaks during the final day of the RNC. CAROLYN KASTER/THE ASSOCIATED PRESS

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Charles Kinsey is shown lying in the street before being hit by a bullet fired by a North Miami police officer. TORSTAR NEWS SERVICE

Hands up but police shot: Man

FLORIDA

Incident comes during a time of heightened tensions in U.S.

A black therapist who was trying to calm an autistic man in the middle of the street says he was shot by police even though he had his hands in the air and repeatedly told them that no one was armed.

The moments before the shooting were recorded on cell-phone video and show Charles Kinsey lying on the ground with his arms raised, talking to his patient and police throughout the standoff with officers, who appeared to have them surrounded.

"As long as I've got my hands up, they're not going to shoot

me. This is what I'm thinking. They're not going to shoot me," he told WSVN-TV from his hospital bed, where he was recovering from a gunshot wound to his leg. "Wow, was I wrong."

The shooting comes amid weeks of violence involving police. Five officers were killed in Dallas two weeks ago and three law enforcement officers were gunned down Sunday in Baton Rouge, Louisiana.

Before those shootings, a black man, Alton Sterling, 37, was fatally shot during a scuffle with two white officers at a convenience store. In Minnesota, 32-year-old Philando Castile, who was also black, was shot to death during a traffic stop. Cellphone videos captured Sterling's killing and aftermath of Castile's shooting, prompting nationwide protests over the treatment of blacks by police.

THE ASSOCIATED PRESS

TURKEY

Erdogan given more power after failed coup

Turkey will be able to extend detention times for suspects and issue decrees without parliamentary approval under a three-month state of emergency approved Thursday by lawmakers following last week's attempted military coup.

Parliament voted 346-115 to approve the national state of emergency, which gives sweeping new powers to President Recep Tayyip Erdogan, who had been accused of autocratic conduct even before this week's crackdown on alleged

opponents.

Even without the emergency measures, his government has already imposed a crackdown that has included mass arrests, mass firings and the closure of hundreds of schools. Erdogan said the new powers would allow the government to rid the military of the "virus" of subversion, blaming the coup attempt on a U.S.-based Muslim cleric, Fethullah Gulen. The cleric has denied any knowledge of the attempted coup.

THE ASSOCIATED PRESS

ON THE ROADS

Graham wants to help you drive safely



Irene Kuan
Metro | Toronto

Meet Graham. His body can survive a catastrophic car crash, but this may be a face you wish you could forget.

As part of a campaign on road safety, the Transport Accident Commission of Australia introduced a rather eye-catching interactive lifelike sculpture dubbed 'Graham'.

designed with a face and body that would help him survive a crash.

"Graham is an educational tool that will serve the community for years to come as a reminder of why we need to develop a safer road system that will protect us when things go wrong," said Joe Calafiore, CEO of TAC in a press release.

The sculpture was created by a team consisting of a trauma surgeon, a crash investigation expert and a Melbourne-based



Graham CONTRIBUTED

artist, and he is what they imagined a human that could survive a car crash would look like.

Graham has a thick, fatty, flat face, flat nose and no neck. This is to prevent whiplash, abrasions and to absorb any impact to the head and face from a windshield, steering wheel or dashboard in a collision.

As for his torso, the team designed him with stronger ribs with airbag-like padding to further protect vital internal organs.

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On the eve of the one-month anniversary of the Pulse nightclub massacre, a friend of two of the victims places flowers, as visitors continue to flock to the club to pay their respects. THE ASSOCIATED PRESS

Footage lays bare horror of Orlando

UNITED STATES

Body camera of policeman offers view of club massacre

Orange County Sheriff's Deputy Mark Rutkowski grabbed the hand of a man who had been trapped in the Pulse nightclub and led him away, after making sure he didn't have a weapon, as another deputy shouted to other patrons, "Let's go! Let's go!"

Another deputy asks, "Got any more?" Rutkowski says, "There's a line of them coming out."

The video from Rutkowski's body camera on the night of

the Pulse massacre was released Thursday, showing some of the police response to the worst mass shooting in recent U.S. history.

Gunman Omar Mateen opened fire at the gay nightclub on June 12 in a rampage that left 49 patrons dead and 53 wounded.

Mateen, who pledged allegiance to the Islamic State group during a call with police dispatchers during a three-hour standoff, died in a hail of gunfire after police stormed the venue.

Parts of the video from Rutkowski's body camera are redacted with a blacked-out screen.

At one point, the video shows Rutkowski, gun in one hand, returning to the entrance of Pulse.

A deputy asks, "Do we have any



Please help my friends. They're up there and they're very injured. Nightclub victim seen in security video

more?"

Rutkowski says, "None that are moving at all."

Moments later, another officer is heard shouting, "Let's go! Let's go!" to patrons who had managed to flee to the club's entrance.

Rutkowski grabs the hand of one man in a flowered shirt who is crying. The deputy checks to make sure he's got no weapons before leading him by hand away from the club.

Over Rutkowski's radio, there's discussion about patrons trapped upstairs.

The video then shows Rut-

kowski returning to the club's entrance to help another man in a black shirt after making sure he is unarmed. The man tells him: "Please help my friends. They're up there and they're very injured."

Earlier this week, supplemental police reports were released giving greater details about police response to last month's massacre. The city of Orlando has refused to release audio recordings of Mateen talking to Orlando police dispatchers or 911 calls pertaining to the attack. THE ASSOCIATED PRESS

BRAZIL

Ten arrested over Rio Olympics plot

Ten Brazilians who pledged allegiance to the Islamic State militant group were arrested Thursday, authorities announced, describing them as "amateurs" who discussed on social media the possibility of staging attacks during next month's Olympics.

Justice Minister Alexandre de Moraes said in the capital, Brasilia, that the 10 were being held on two terrorism-related charges and that two more people were being sought.

Authorities said any attack plan would have had little chance of coming to fruition, citing the group's lack of resources and skills.

But officials and security experts argued that police were justified in being aggressive in light of "lone wolf" attacks staged in the U.S. and Europe by men with little or no training.

Moraes said police acted because the group discussed using weapons and guerrilla tactics to potentially launch

+ THE LOWDOWN

Attack not "far-fetched"

The possibility of an attack is not so "far-fetched" even though Brazil has never been a target for terrorism, said Alex Kassirer, a counterterrorism analyst at Flashpoint, a New York-based intelligence group.

No new threat level

Officials did not raise the country's terror alert level Thursday following the raids.

an attack during the Olympics, which begin in Rio de Janeiro on Aug. 5. They will remain in police custody for at least 30 days.

"They were complete amateurs and ill-prepared" to actually launch an attack, Moraes said. "A few days ago they said they should start practising martial arts, for example."

THE ASSOCIATED PRESS

FILM

(Good) Trolls take over Comic-Con

Trolls turned out in full force to kick off the first day of programming at Comic-Con — the ones with the wacky hair, not the ones that hurl insults on the Internet.

Audience members in brightly colored wigs watched Thursday as DreamWorks Animation debuted 16 minutes of footage from Trolls, an animated feature coming to theatres Nov. 4. It's based on the toy with tall, neon hair.

Co-directors Mike Mitchell and Walt Dohrn said they were excited by the prospect of creating something with no pre-

existing mythology

In this world, trolls are tiny packages of positivity, who hug every hour. Anna Kendrick and Justin Timberlake voice a pair of mismatched trolls who have to rescue their friends from troll-eating giants.

Producer Gina Shay said the film is informed by 1970s esthetics — the trolls are the happy, bright, lava-lamp side of things, and the evil giants, called Bergens, are brutalist and polyester.

"The whole production has a crocheted blanket vibe," Shay said. THE ASSOCIATED PRESS



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A camper is attended to by ambulance staff on Thursday in Ely, Minn. ELY ECHO NEWSPAPER/THE ASSOCIATED PRESS

Storms kill boy, woman

NORTHERN MINNESOTA

Victims were camping with Boy Scouts program

A boy and a woman camping with a Boy Scouts adventure program were killed and two other campers were injured when severe storms swept through a northern Minnesota forest, the leader of the program said Thursday.

The boy and the female volunteer with the Northern Tier High Adventure Base Program died while camping in the Boundary Waters Canoe Area Wilderness, according to general manager John Van Dreese.

Strong storms that moved through parts of Minnesota early Thursday knocked down trees and power lines. Strong winds blew unexpected-ly through Charles L. Sommers Canoe Base and knocked down trees that killed the two campers and injured the two others, the Boys Scouts of America said.

The two injured campers were evacuated from the wilderness area in the Superior National Forest by air, according to the St. Louis County Sheriff's Office. The two young campers were taken to a hospital by Canadian emergency crews, but their injuries are not life-threatening, the Scouts said.

Nine people, including three adults and six boys, were part of the program and were camping

near Basswood Lake at the Canadian border when the storms hit. Sheriff's officials and other emergency responders were working on evacuating the rest of the group from the wilderness area, Van Dreese said.

"This is a very difficult time for our Scouting family," the Scouts said in a statement Thursday. "The safety and well-being of our participants is our top priority. Immediately following the radio distress call, we contacted the local authorities for support, and began making contact with all crews on-site to offer assistance and assure the safety of all involved."

The Scouts said they are working with authorities to notify the families of those involved and will offer grief counselling to their members and volunteers.

Last month, the brother of a Minnesota congressman was killed during a Father's Day camping trip in the Boundary Waters Canoe Area Wilderness when a powerful storm brought a tree down on his tent. Craig Walz, 43, the brother of Democratic U.S. Rep. Tim Walz, was killed at Duncan Lake as the storm hit. His son was injured.

The severe weather early Thursday knocked out power for tens of thousands of people in Minnesota on a day that was expected to be the hottest of the season. Trees, branches and debris blocked roads in northeastern Minnesota and elsewhere. Authorities in Duluth urged people to stay off the streets until they were cleared of power lines. THE ASSOCIATED PRESS

HUMAN RIGHTS

Wife, son of Chinese dissident arrive in U.S.

The pregnant wife and four-year-old son of a prominent Chinese dissident have sought refuge in the San Francisco Bay Area after leaving Thailand, where she said she no longer felt safe.

Liu Xiaodong, 40, the wife of Zhao Changqing, arrived with the boy Tuesday from Bangkok and will live with supporters in suburban Hayward.

"My husband is a political activist and fights for freedom and democracy, which puts him in the position of being the enemy

of a totalitarian state," Lui said in an interview Wednesday.

"We have seen that the government is likely to use the family as a hostage against activists like my husband. That's why we left and will be safe here."

The 47-year-old Zhao has been a leading defender of human rights and democracy in China since the 1989 Tiananmen Students Movement.

As a former student leader and a prominent political "prisoner of conscience," he has been im-



Liu Xiaodong, her four-year-old son, and Dr. Yang Jianli. THE ASSOCIATED PRESS

prisoned five times in 27 years. "I knew the stories. That's why I was anxious. I was afraid they'd kidnap me and take me back like they had done to other people," Liu said.

Zhao was part of a loose network of grass-roots activists known as the New Citizens group.

The group was known for staging small protests to call for education equality or the disclosure of public officials' assets.

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Business metro NEWS

AIRPORT

Toronto terminal given a makeover

Toronto's Pearson airport Terminal 3 on Thursday unveiled its newly renovated 50,000-square-foot retail area.

The update is part of a \$140-million redevelopment plan to bring Terminal 3 up to Terminal 1's standards by 2018.

Retail operations also account for an increasing share of airport revenues worldwide. Until five years ago, retail income represented less than 25 per cent of Pearson's non-aeronautical revenues, compared to as much as 50 per cent at airports such as Hong Kong and London Heathrow, said Scott Collier, vice-president customer and terminal services at Greater Toronto Airports Authority (GTAA). Now it's closer to 30 per cent at Pearson.

The biggest improvement is an eye-shaped atrium over the passenger seating area, bringing in natural light, and addition of new retailers including Lole, a yoga and athletics-wear retailer; Beerhive, which sells local and international drafts and features an expansive menu; a Smoke's Burritorie; and a Smashburger, selling fresh Angus-beef burgers.

The area is located past security, because passengers now spend more time in that area, officials said.

When it opened in 1991, Terminal 3 was regarded as the dawn of civilized travel. But the Terminal 1 that opened in 2004 moved the benchmark, said Pat Neville, vice-president, airport planning and technical services at GTAA.

TORSTAR NEWS SERVICE



Dancers perform at the opening of a new retail space at Pearson airport's Terminal 3 on Thursday. TORSTAR NEWS SERVICE

market minute

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GOLD
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NATURAL GAS: \$2.69 US (+3.0¢)
DOW JONES: 18,517.23 (-77.80)

IN BRIEF

Wildfires slowing growth

The Conference Board of Canada has downgraded its projections for Canada's economic growth in 2016 from 1.6 per cent to 1.4 per cent after wildfires in the Fort McMurray, Alta., region in May and June that shut down many oil sands operations.

THE CANADIAN PRESS



The Modobag is a motorized piece of luggage designed to carry a person weighing up to 260 lbs. for 13 kilometres. CONTRIBUTED

Rideable suitcase makes catching a flight swifter

TRAVEL

Entrepreneur crowdfunding motorized smart luggage

The road warrior might have a new chariot. A new Indiegogo campaign has launched for the Modobag, a motorized piece of smart luggage on which travellers can ride.

The slick video for the product shows travellers entering an airport, having a seat on the square bag, then zipping through the terminal — never having to run to catch a flight.

Created by Kevin O'Donnell, a Chicago-based entrepreneur and restaurateur, Modobag claims a top speed of 13 kilo-

metres an hour and is designed to carry a person who weighs up to 260 lbs. as far as 13 kilometres.

The Modobag will eventually have a price of \$1,295 US. For now, the company is seeking \$50,000 US in crowdfunding to go into full production — and has already reached half that goal. The company plans on delivering the Modobag in January 2017.

O'Donnell said he was inspired by some kids who were riding a carry-on bag and he joked about motorizing it.

"It's been six years since the first idea popped into my head, and the last two years, it just

became my sole focus," said O'Donnell, who launched a Kickstarter campaign for the Modobag last year that failed to meet its funding goal of \$160,000.

He said the company and product is much further along now, and unlike hoverboards, those battery-powered scooters banned by most airlines because of their proclivity for catching on fire, the Modobag is Transportation Security Association (TSA), Federal Aviation Association (FAA), and International Air Transport Association (IATA) compliant.

"The big concern with TSA and FAA and IATA is the safety

of the batteries," he said. "So the batteries that we're using are UN approved, UL (Underwriters Laboratories, a safety organization) approved and we also meet all the requirements for safety with the TSA and the FAA for air travel, as far as battery sizes and requirements for travel."

The "smart" luggage comes with two USB ports to charge other devices, and has a GPS-enabled option available that allows you to track your bag. That final feature is what most other smart luggage has these days. O'Donnell said that the bag can store about 85 per cent of what a similar-sized carry-on bag can hold.

"You may think it's silly, but it makes your life so much more efficient," said O'Donnell.

TORSTAR NEWS SERVICE

You may think it's silly, but it makes your life so much more efficient. Kevin O'Donnell



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DECODED by Genna Buck

THE END IS (*probably not*) NIGH

Something's going to finish off our species someday. And it will probably be before the sun swallows our planet in a few billion years. Here are four leading apocalyptic options, according to science, and the calendar dates we had really close calls.

GEOMAGNETIC STORM



1989
MARCH
13

Closest call

A solar storm seared a transformer in New Jersey, knocking out power to six million people in Quebec.

What it is A large burst of radiation and plasma spiking out from the surface of the sun. It could take out electrical transformers and plunge entire continents into darkness for months — time for chaos to set in.

What we can do

Shut down transformers pre-emptively, or fortify the electric grid with series capacitors that can block a blast of solar wind.



Closest call A pandemic of bubonic plague, the Black Death, wiped out between a third and 60 per cent of Europe's population.



What we can do

Watch carefully for new diseases (that's the WHO's job), quickly isolate the sick, make a vaccine as quickly as possible and hope for the best.

PANDEMIC



Around
1340S
&
1350S

What it is A global outbreak of a devastating disease, especially a highly contagious one — perhaps something airborne like the flu — that most of the population isn't immune to.

SPACE ROCK



1908
JUNE
30

Closest call A massive meteorite (or possibly comet) exploded over barely-populated Eastern Siberia, flattening 80 million trees over 2,000 square km.

What it is The impact of a comet or meteorite more than a kilometre wide could destroy land, unleash repeated earthquakes and tsunamis, and toss up debris that blocks the sun.

What we can do

Monitor the skies and, if an object seems headed our way, knock it off course with a spaceship, alter its path with a satellite, or smash it with nukes.



Closest call Mount Toba, in Indonesia, spewed 2,800 cubic km of magma and plunged the Earth into an ice age. Perhaps fewer than 10,000 people survived worldwide.



What we can do

Find a way to grow food. Mushrooms thrive in a dark, cool environment, and they like to colonize dead trees.

SUPERVOLCANO



Around
-70,000
B.C.

What it is Around 20 ticking time bombs lurk on Earth: Supervolcanoes that could obliterate huge tracts of land and blanket the planet in ash, spurring all-day darkness and "volcanic winter," wiping out vegetation and crops.

GRAPHICS: ANDRÉS PLANA/METRO; RESEARCH SOURCES INCLUDE JULIA ROSEN/SCIENCE MAGAZINE

FINDINGS

Your week in science



STRONG STUDY

McMaster University researchers are flipping long-standing fitness advice on its head. They found lifting lighter weights many times builds just as much muscle as fewer reps with heavier weights. What matters is that your muscles are exhausted.

BIRD BAROMETER

A study of pigeons' blood in NYC shows birds' lead levels are a good proxy for lead levels in children. Pigeons could be a good way to track exposure: They spend most of their lives within a few blocks and breathe the same air and eat the same food as people. And they don't cry when they're poked with a needle.

SOUND SMART



DEFINITION

Herd immunity occurs when enough of a population has been exposed to, or vaccinated against, a contagious disease that the spread slows down or stops.

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PHILOSOPHER CAT by Jason Logan

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CITIZEN SCIENTIST by Genna Buck

How do I protect myself from pesticides?

Strawberries are on the Dirty Dozen list of produce with the most pesticides. Should I buy organic? — Irene, Toronto

I have good news for your wallet, Irene! Organic produce is no safer than the conventional kind.

The "Dirty Dozen" list is published by the official-sounding but unscientific Environmental Working Group (EWG).

It's based on a wilfully amateurish reading of the meticulous data U.S. regulators collect every year about pesticide residues

on fruits and vegetables, both imported and domestic.

Not all crops are monitored every year, only a sample based in part on the items that have raised the most concerns.

So the idea that it's possible to make a comprehensive guide to the "dirtiest" and "cleanest" produce based on government data is null and void based on that fact alone.

But there's more. Pesticides include hundreds of very different chemicals that pose different kinds of risks. None are inherently

bad: The dose makes the poison.

Here's how the FDA decides how much pesticide on strawberries is OK: They take the best available animal and human studies and estimate the maximum daily dose that, over your 70-year life, will not cause any ill effects. Then they divide that by a safety factor, usually 100.

Only a handful of crops come anywhere near that level. Typically about half have no detectable pesticide residues at all.

Your question hits one of the most difficult parts of science

communication: It's incredibly hard to refute nonsense.

Studies have shown the EWG's bonkers methodology bears little relationship with reality. But without technical knowledge, it looks pretty sound.

The science on fruits and vegetables is settled. They're good for you, especially fresh ones. You need a variety. You need to wash them. And they fight cancer!

Science Question?
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Abrams keeps Enterprise afloat

IN FOCUS

Puts characters front and centre in Star Trek franchise

Richard Crouse

For Metro Canada



Seven years ago director J.J. Abrams, the brains behind hit TV shows like *Lost* and movies like *Star Wars: The Force Awakens*, thought there was still some uncharted life to be found in the *Star Trek* universe.

This weekend, the third film in his new generation of movies, *Star Trek Beyond*, puts phasers on stun. Directed by Fast & Furious director Justin Lin it continues Abrams' mission to seek out new cinematic life and civilizations.

After five television series, 10 movies, countless books, comics and video games, a stage version and even an *Ice Capades* style show, Abrams re-launched the big screen *Trek* franchise. Simply called *Star Trek*, he took audiences where no man (or director) had gone before, back to the very beginning of the story before James Tiberius Kirk bore an uncanny resemblance to T.J. Hooker.

In this prequel to the original series Kirk (Chris Pine) and Spock (Zachary Quinto) are assigned to the maiden voyage of the most advanced starship ever created, the U.S.S. Enterprise under Captain Christopher Pike



Audiences still care about the characters at the core of the *Star Trek* saga, including Capt. James T. Kirk. CONTRIBUTED

(Bruce Greenwood).

Star Trek was one of the great popcorn movies of 2009. Notice I didn't say sci-fi movie. *Star Trek* is a lot of things but despite all the talk of warp speed, black holes and time travel, it can't be strictly classified as science fiction. It's a character-based space serial more concerned with the burgeoning relationship between Spock and Kirk than with photon thrusters.

Star Trek: Into Darkness (2013) is a sequel AND a prequel (something so illogical Spock would never approve) that gets underway when an act of terror robs Kirk of a close

MOVIE RATINGS by Richard Crouse

Star Trek Beyond ★★★
Ice Age: Collision Course ★★
Absolutely Fabulous: The Movie ★★
Lights Out ★★

HOW RATING WORKS
 ★★★★★ SEE IT
 ★★★ WORTHWHILE
 ★★ UP TO YOU
 ★ SKIP IT

friend. Determined to bring the perpetrator to justice the reckless Starfleet captain takes the Enterprise and crew to a war zone populated by Klingons and one brilliant and ruthless genetically engineered adversary (Benedict Cumberbatch). To finish his mission he must

make difficult decisions.

Abrams finds a balance of old (Kirk, Spock et al) and new (spacesuits are redesigned, tech is different and there are younger characters) to satisfy hard-core Trekkers and attract tenderfoot Trekkies. For fans there are in-jokes like Kirk tell-

ing two expendable members of the landing team to "lose the red shirts."

At the beginning of *Star Trek Beyond*, Kirk's life on board the U.S.S. Enterprise has become a grind. He's three years into a five-year mission and trying to find meaning in his mission. "It can be hard to feel grounded when even gravity isn't real."

Lin, taking over for Abrams, does his best to spice things up for the good captain. The director, famous for his Fast & Furious films, knows there is nothing like a wild alien attack to snap James T. out of his funk. Expect more hi-fly action than

sci-fi intrigue.

Star Trek Beyond producer Abrams admits he "didn't love Kirk and Spock when I began this journey, but I love them now." It seems fans love his interpretation of the characters as well.

Trekkers have embraced the new movies but Abrams knows the *Star Trek* universe is so vast it's impossible to please everyone.

So he caters to the moviegoer "who just wants to be entertained, understand, and care about the world and the characters." As Spock might say, "Sounds logical to me."



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Coming into his own as Capt. Kirk

STAR TREK

Chris Pine reflects on franchise, death of Anton Yelchin

Chris Pine returns for his third time as Captain James T. Kirk in the rebooted Star Trek franchise.

Pine sat down to talk about the latest film, *Star Trek Beyond*.

How has the character of Kirk evolved in the film?

For the first two films, Kirk is a bit of an angry young man who's raging against a system that killed his father, raging against the fact he didn't have a father and needing to live up to this legacy of who his father was.

In this film, there's a wonderful scene between myself and Bones, played by Karl Urban, where I express to him my need to get out from underneath that shadow and figure out who I am as Jim Kirk above and beyond and separate from who my father

was. That existential (sense of) being lost and needing to find new motivation and new impetus to drive him, that's where Kirk finds himself.

This film is physically demanding, would you agree?

It is. Justin is a master kinetic action filmmaker and he wanted to raise the bar with what we did in terms of our action set pieces. For my part, what I like about Kirk is that he's not a superhero and he's not a superhuman, he's very fallible and very human and usually not nearly as strong or badass as the bad guys. And so I spend a lot of the time getting my ass handed to me.

Are you still enjoying the role?

I love this group that I get a chance to work with and there are clearly infinitely more stories to tell in such an expansive universe and I'd be happy to come back.

Would you reflect on the recent death of Anton Yelchin (Chekhov)?

It's been a really awful month, especially to go off and try to

talk about a film and sell it when something as awful as this has happened, it hurts pretty deeply. But this is also a great chance to see what Anton does best and that's light up a screen. And this is a celebration of what he was capable of doing. He was an incredible visual artist and he was going to direct his first film this summer and he was a musician and a philosopher and a translator and a thinker and he was a wonderful, wonderful force of nature and we will all miss him.

How do you feel about the first officially gay character, Sulu?

Star Trek, from its beginning, has always been about strength and unity, working together, overcoming the disparity between races, cultures and creeds to do wonderful things. It was 1968 when we saw the first interracial kiss and in the height of the Cold War, we had a Russian, an African-American woman, a white man, an alien and all sorts of species working together. That's the whole notion and idea of Star Trek.

So I think it's about time and high time and makes perfect sense to have a gay character in Star Trek. That fact that it is Sulu — I know some people take issue with it — but for me, as long as it makes anyone out there that feels alone and not included and excluded, like somehow they're not right or good because they are or happen to be gay, for us to show that it is normal and fine and perfectly a part of what it is to be a human being, if we can make people feel less alone, then we've done our job.

What was it like filming in Vancouver?

I loved working in Vancouver. Vancouver's one of the beautiful cities on the planet. We shot there in the summertime for three months and anybody that's been to Vancouver in the summertime knows just how pristine that environment is. I have a lot of fond memories of going out on a boat pretty regularly with my fellow crew, just going to the islands and enjoying our weekends.

TORSTAR NEWS SERVICE



Chris Pine plays Captain James T. Kirk in *Star Trek Beyond*.

KIMBERLEY FRENCH/COURTESY PARAMOUNT PICTURES

INTERVIEW

Jon Cho wavered on revelation that his character Sulu is gay



John Cho plays Sulu in *Star Trek Beyond*. The character was played by George Takei in the original *Star Trek* series. KIMBERLEY FRENCH/PARAMOUNT PICTURES/THE ASSOCIATED PRESS

Star Trek Beyond cast member John Cho says he had a few concerns about the film boldly going where none in the franchise has gone before — revealing that his character, Hikaru Sulu, is gay.

Cho learned about the revelation in pre-production from director Justin Lin, who told him it was cast member/co-writer Simon Pegg's idea.

While Cho felt they "were saying something beautiful and positive," he was concerned about the feelings of openly gay actor George Takei, who played Sulu

in the original *Star Trek* series.

"My concern was actually that he would feel like we were violating his personal life or usurping his personal life, because his character is straight but he's gay," says Cho. "I was concerned that he might feel like we were lifting from his personal life."

In a recent Facebook posting, Takei said while he is "delighted that the *Star Trek* franchise has addressed this issue, which is truly one of diversity," he feels it was "less than necessary to tinker with an existing character."

Cho says he was also concerned about "how Asians would view" the decision and worried that the franchise "might be accidentally implying that sexual orientation was a choice."

"Because it's the same genetic person but in an alternate timeline, and (Sulu) has different sexual orientations in both, (I) thought that we might be saying the wrong thing about sexual orientation."

But in the end, Cho felt they executed the revelation correctly, with "a blink-and-you-miss-it

kind of moment" in which Sulu embraces his same-sex partner, with whom he has a child.

"It doesn't feel like a bombshell at all, which is I think hopefully where we're going as a planet and as a species," he says.

"I think if we had made a thing out of it in the way it was filmed, that in 10 years we'd look back and it would feel anachronistic and out of time. Now, the movie can age well and hopefully 10 years from now, this sort of thing is common in film and in society." THE CANADIAN PRESS

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4 FABULOUS REASONS TO CATCH UP WITH PATSY AND EDDY AGAIN

Those missing '90s Brit TV duo of Absolutely Fabulous stars Jennifer Saunders (Edina "Eddy" Monsoon) and Joanna Lumley (Patsy Stone) will be over the moon to have these two boozy, chain-smoking, label-obsessed broads back in their lives as they hit the big screen. Here's a sneak peak of what's in store for our two favourite sweetie darlings. **TORSTAR NEWS SERVICE**



Eddy Monsoon and Patsy Stone get their big screen close up with *Absolutely Fabulous: The Movie*. CONTRIBUTED

1 Droopy but fine diversion

The script for their big-screen debut (penned by series creator Saunders) hangs on a plot as flimsy as a super-model's bikini. And the second half gets quite droopy. But these vain and fickle gals, enthusiastic early adopters of trainwreck comedy and masters of all manner of walks, stumbles and crawls of shame, make a for a fine summer diversion.

2 Lulu, Baby and booze

The only thing drying out or up around Eddy is her client list. She's barely hanging on to '60s belter Lulu (who shows her comic skills here), "Baby Spice" Emma Bunton and a nameless "prestige" vodka. Worse, nobody is interested in publishing her tell-all book from the PR trenches. With her credit cards so deep in the red they're throbbing, Eddy is shocked to find she has no more of the baffling stuff Patsy calls "hand money."

3 Kate Moss gets messy

A glam fashion industry party not only provides a chance for desperate Eddy to zero in on the suddenly publicist-free model Kate Moss, it also gives us the real story on how Jon Hamm lost his virginity. Curious? Cherchez Patsy, darling. Moss ends in the Thames (pushed, slipped, who knows?) and Eddy gets the blame, sending the duo scurrying off to Cannes to hide out and try to score a sugar daddy in Patsy's "old hunting-ground."

4 Cameos and credibility

How far will Patsy go to fund their escapade? Put it like this: Lumley looks credibly, creepily sexy as a dude. Stuffed with cameos and returning original series cast, bizarre fashions and 1950s-vintage TV slapstick, along with a surprisingly tender moment of self reflection from Eddy, *Absolutely Fabulous* isn't great art but it is high camp, darling.

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THE TV DINNER JESSICA ALLEN



As soon as I walked out of the building I was like 'WTF did I just do? They're going to think I'm insane!'

Three years ago, when Canadian director Stephen Dunn was just 24 years old, he landed a meeting with Rhombus Media and left them a treatment for his first feature film.

He returned a week later to the production office — unannounced, and expecting, perhaps naively, that they'd already read it — and dropped off eight homemade red velvet cupcakes that spelled out "Thanks for reading my treatment for Closet Monster."

"As soon as I walked out of the building I was like 'WTF did I just do? They're going to think I'm insane!'" Dunn recently shared on social media. "And of course, to no surprise, I didn't hear from them for three months. I was mortified. I assumed my career was over."

Flash-forward to TIFF 2015 when Closet Monster, a coming-of-age story about Oscar, a gay East Coast teenager who lives with his dad — who tends towards macho, and homophobic — and can't wait to become a special effects makeup artist anywhere other than Newfoundland,



won the Best Canadian Feature Film, and to today, when the film hits theatres in wide release across the country.

Flashback to February 2016 when I saw Closet Monster three times in 48 hours.

I was moderating question-and-answer sessions after screenings between the audience and the film's star, Connor Jessup, who is 21, at the Kingston Film Festival.

The audience wanted to know about the film's locations (St. John's, NL, and Fogo Island, where the film concludes); whether the film was based on true events (they are fictionalized versions of Dunn's own life); and Isabella Rossellini, who provides the voice of Buffy, Oscar's pet hamster. (Yes, there's some magic realism, and it is used to great effect, especially

during a Cronenbergian-like crescendo of a scene between father and son.)

I wanted to know if the funny parts were scripted (Mary Walsh has a small-but-meaningful part as Oscar's boss at a hardware store); if Dunn gave Jessup any preparatory material (Anne Carson's Autobiography of Red); and any details Jessup could share about a particularly beautiful scene in Oscar's treehouse, one that puts all those MTV Best Kiss Awards to shame. (Turns out, it's Jessup's favourite.)

Quietly, I was in awe of Dunn and Jessup, two 20-somethings — I can't remember what I was doing at their ages: watching Melrose Place? Failing first-year Calculus? — seemingly confident in making art. Jessup

is so magnetic as Oscar that it's hard to take your eyes off him. In person, he's articulate, kind, and engaged. And Dunn managed to make a well-structured (it clocks in at exactly 90 minutes), thoughtful and imaginative film that isn't just about a teenager struggling with his sexual identity. It's about a messy family, the pangs of first loves, and growing up. And, like true existence, nothing is neatly bow-tied at the end.

"To me, that is one thing I like about the movie, that it shows how everyone struggles with identity at that age, no matter your sexuality. Everyone struggles with their family, their community, with where they are, who they are, who they want to be," Jessup told Entertainment Weekly. "If you can't relate to that on a fundamental level, then I don't know who you are."

Obviously the producers agree. On the first day of Closet Monster's theatrical release here in Toronto, Dunn woke up to find a dozen red velvet cupcakes on his doorstep, courtesy of them.

Jessica Allen is the digital correspondent on CTV's The Social.

INTERVIEW

Sarah Gadon heads to 'pioneer camp'



Sarah Gadon is playing the lead in the film adaptation of *Alias Grace*. The story is based on the true story of an Irish immigrant who was convicted of murder in 1843. THE CANADIAN PRESS

Sarah Gadon is diving into what she calls "pioneer boot camp" as she prepares to play the lead in a much-anticipated adaptation of Margaret Atwood's *Alias Grace*.

The Toronto actor is in pre-production for the six-hour miniseries, which is inspired by the true story of Grace Marks, an Irish immigrant and maid who was convicted of murder in Upper Canada in 1843 but exonerated decades later.

Sarah Polley wrote and produced the project, which will screen on CBC and Netflix.

"Oh, you know, I'm just learning how to milk a cow and sew and churn butter," Gadon, 29, said Thursday in a phone interview to discuss her role as a jury member for this year's Air Canada enRoute Film Festival.

"I've been working on my Belfast accent. I'm doing all sorts of things. I'm reading some interesting books, watching some great films, just kind of immersing myself in that world and in that time period."

The Air Canada enRoute Film Festival, which is celebrating its 10th anniversary, will show-

case 20 short films on its flights around the world from Aug. 1 to Dec. 31. The shorts will also be available at enRouteFilm.com, where viewers can vote for their favourite. Other jury members include actors Jason Priestley and Karine Vanasse.

Gadon is so busy juggling multiple projects, she expects she'll have to watch the finalists on her laptop while in the air over the next few months. It's a labour of love, though.

"I love film and I love short films," said Gadon, who was also a jury member in 2013 and has been in many short films.

"I think it's the most experimental way you can make a film."

Gadon is currently shooting *The Death and Life of John F. Donovan*, which marks the English-language debut of Montreal filmmaker Xavier Dolan. She's also promoting her upcoming films *Indignation* (out Aug. 5) and *The 9th Life of Louis Drax* (out Sept. 2), among others.

Meanwhile, *Alias Grace* is set to begin shooting in Ontario next month. THE CANADIAN PRESS

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TV MOVIE

LGBTQ series returns with a feature-length final instalment

When the critically praised HBO series *Looking* was cancelled last year after just two seasons, it was a crushing blow to the LGBTQ community.

After all, it was the first high-profile show to focus on gay men since Showtime's *Queer As Folk* ended in 2005.

Fans started online petitions to bring the show back, and they'll soon get their wish. Sort of.

On Saturday, *Looking: The Movie* will air on HBO Canada, providing some closure to fans of the series.

"I think the interesting thing was to see these characters in the forefront," says Frankie Alvarez, who plays Agustin Lanuez, about the appeal of *Looking*.

"Traditionally in the past, LGBT characters have been supporting characters and they've been dealing with being victimized and marginalization. And what's really beautiful about this series is they're out and they are who they are and their gayness is just one aspect of their lives."

"They're dealing with relationships, with their friendships, and career fluctuations, ups and downs, and I think that was quietly revolutionary."

The film is set about nine months after the Season 2 finale and finds Jonathan Groff's lead character, video-game designer Patrick, returning to San Francisco for the wedding of Agustin and Eddie (Daniel Franzese).



Jonathan Groff, left to right, Murray Bartlett, Frankie J. Alvarez are shown in HBO's *Looking: The Movie*. THE CANADIAN PRESS/HANDOUT

While there, he reunites with the whole crew, which also includes Murray Bartlett as Patrick's friend Dom Basaluzzo, who works in the restaurant industry.

The cast members say they learned the show would be wrapped up in the form of a movie at the same time they heard the series was being cancelled after low ratings.

"It's sad, obviously," says Bartlett. "We all loved the show and we could have gone on for years, as far as we're concerned."

"But it is a lovely way to wrap up a show, actually, particularly a half-hour show. Be-

cause in the movie you get to live with these characters in a longer arc, like an hour and a half or whatever the film is, so you get to really be with them and develop stories in a longer format, which is really fantastic."

Series director/executive producer Andrew Haigh also

helped the movie and co-wrote with creator Michael Lannan.

"What's nice about the closure of the film is that there is a kind of resolution but it's still open-ended," says Alvarez.

"So that if we were ever to be blessed with another opportunity in the coming years, that we could still touch on these guys' lives."

That is, if the fans want it. "It's nice that the fans have a say and a power," he adds. "If enough people speak up and voice what they want, these networks are listening and hopefully we can be on the positive end of that request."

THE CANADIAN PRESS

"We all loved the show and we could have gone on for years."
Murray Bartlett

CANCELLED TV SHOWS THAT BECAME MOVIES...



Hello Ladies

This HBO comedy, starring co-creator Stephen Merchant as a bumbling love-seeker in Los Angeles, was cancelled in January 2014 after just one season. The following November, fans got closure with the feature-length *Hello Ladies: The Movie*.

Serenity

Joss Whedon's futuristic space western was cancelled after 11 of the 14 produced episodes aired on Fox in 2002 and 2003. It was a hit on DVD though, and in 2005 the story was continued in the film *Serenity*.



Veronica Mars

The dramedy series, starring Kristen Bell as a private investigator, was famously axed in 2007 after three seasons. In 2014, after a successful Kickstarter campaign, fans got a film that was set nine years later.

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1 Holding hands with his father, U.S. President John F. Kennedy, at the White House

2 Saluting his father's casket in Washington, three days after the president was assassinated in Dallas



3 Waiting in registration line at Brown University in Providence, R.I., to register for his first year of college.

4 Unveiling George magazine's first cover as co-founder and editor-in-

chief of the politics-as-lifestyle publication.

5 Leaving a party in New York with his wife Carolyn Bessette Kennedy.

THE ASSOCIATED PRESS
FILE PHOTOS



JFK Jr. gets royal treatment in doc

TRIBUTE

Film follows famous son's short life and achievements

I Am JFK Jr. — A Tribute to a Good Man, which hits select theatres on July 22, captures the fascination with John F. Kennedy Jr., from his early days toddling around the White House to his death in a plane crash in 1999.

Network Entertainment's Derik Murray made the film in the mould of his other I Am movies, including I Am Bruce Lee, I Am Chris Farley and I Am Evel Knievel.

The film also airs on Spike TV at 9 p.m. EDT on Aug. 1, and a DVD release is set for Aug. 16.

The film captures JFK Jr. as John John, the tousle-haired toddler of the late President John F. Kennedy and Jacqueline Kennedy Onassis, saluting his father's casket after his 1963 assassination.

Highlights include JFK Jr.'s time as an assistant district attorney in New York, his 1988 People magazine Sexiest Man Alive cover and his 1995 debut as publisher of the splashy but short-lived magazine George.

Interspersed are snippets of interviews with celebrities and politicians who knew him well.

They include super-model Cindy Crawford, who famously posed as a midriff-baring George Washington, complete with powdered wig, for the inaugural issue of George; actor Robert De Niro; boxer Mike Tyson; journalist Christiane Amanpour; Hustler magazine publisher Larry Flynt; former Brown University roommate Chris Oberbeck; and Grateful Dead songwriter John Perry Barlow.

"John Kennedy Jr. was destined for greatness, the heir apparent to his father's legacy, and he knew that," Murray said.

But the son, a student of history's great men, had an overriding interest in goodness over greatness.

"After reading about them and who they were at home, how they treated their families, he thought it was more important for him to commit to being a good man," Murray said.

"In his mind, that was often missing in great men." Not surprisingly, the film focuses on JFK Jr.'s death at age 38 on July 16, 1999, when the single-engine pri-

vate plane he was piloting from New Jersey to Martha's Vineyard en route to a family wedding on Cape Cod crashed into the Atlantic Ocean.

Killed with Kennedy were his wife, Carolyn Bessette, and her sister, Lauren Bessette.

Friends, acquaintances and pundits reflect on a life cut short and speculate on what he might have become.

President, for instance? A clip of an interview that JFK Jr. gave to Oprah Winfrey is telling.

She insists he surely must have thought about running for office, and he responds, somewhat coyly, "There is this great weight of expectation and anticipation."

But maybe not. "John was smart enough to know, 'I'm Junior. I'm not my father,'" another presidential son, Michael Reagan, says in the film.

"I believe that he had greatness in him," CNN journalist Chris Cuomo tells the producers.

"And I don't give a damn if that meant anything about politics."

THE ASSOCIATED PRESS



John Kennedy Jr. was destined for greatness, the heir apparent to his father's legacy, and he knew that.

Derik Murray



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Life's a Beach: East Coast web series to become film

PRINCE EDWARD ISLAND

Spinoff movie will continue Just Passing Through legacy

Work boots aren't normally thought of as beach attire.

But on Pokey Beach — a fictional soap opera based in a beach on Prince Edward Island's north shore — it's not unusual to see an Islander who collects employment insurance sinking their steel toe shoes into the red sand.

After all, they're looking for work — or so they can claim, should a "pokey narc" come around. Pokey Beach is a show-within-a-show. It's beloved by the characters on the web series Just Passing Through, a raunchy comedy based around two small-town Islander cousins, Terry and Parnell Gallant, played by Dennis Trainor and Robbie Moses.

After garnering more than a million views on YouTube, the producers of Just Passing Through are now looking to create a spinoff — a feature-length film about the people who hang out at Pokey Beach drinking Alpine beer and bragging about who has "top stamp," or the biggest employment insurance cheque.

They've started a Kickstarter campaign to fund the \$50,000 project. At publication time, \$31,550 had been raised with six days left. Since the release of season one in 2013, Just Passing Through has amassed a cult following of affable Atlantic Canadians who love the show's sometimes self-deprecating humour.

But fans of the two-season series are cropping up country-wide, with the show's very first episode still getting up to 2,000 views per week (it has more than 270,000 views in total). That's



Parnell Gallant, left, played by Robbie Moses, and Terry Gallant, played by Dennis Trainor, in a scene from season two of Just Passing Through. THE CANADIAN PRESS/HO-JUST PASSING THROUGH



We never thought in our wildest dreams that it would reach as many people as it has.

Pokey Beach co-creator
Jeremy Larter

without any marketing apart from social media.

P.E.I.'s Upstreet Craft Brewing even made a beer in honour of the show: Top Stamp Honey Brown Lager. "We never thought in our wildest dreams that it would reach as many people as it has," said co-creator Jeremy Larter, a filmmaker who lives in Toronto but grew up West Covehead, P.E.I.

The initial idea for Just Passing Through came from watching

SCTV spoofs of Goin' Down the Road, the iconic 1970 Canadian film about two Maritimers who move to Toronto in order to find a better life, said Larter.

In season one of Just Passing Through, Terry and Parnell become stuck in Toronto on their way to work in the Alberta oil sands. While in the "Arsehole of Canada," they end up selling homemade moonshine and a pornographic film called Going Down the Red Dirt Road.

The pair are back on the Island in season two for an entire summer on "the pokey." But their rest and relaxation is interrupted when it's announced that P.E.I., New Brunswick and Nova Scotia would merge to form the Maritime Union, prompting Terry and Parnell to rally a beer strike.

The show features plenty of quintessentially Maritime mannerisms, like breathing inward when saying "Yeah" and calling your cousin "counsint."

It has been compared to Nova Scotia's Trailer Park Boys, but vulgar humour and excessive swearing are really the only things they have in common, as Just Passing Through is quintessentially P.E.I., whereas the boys from Sunnyvale could be from anywhere.

Larter said he has heard some complaints over the years that the foul-mouthed show reinforces negative stereotypes about Islanders and the Maritimes. But most people say it makes them proud to be from the East Coast, he said. "We're underrepresented in Canadian culture. You just don't see distinctly East Coast things in television and films very often. Basically almost never," said Larter.

"We call Moncton the 'Arsehole of the Maritimes' and New Brunswick 'No Funswick,' and some of our biggest fans are from those places. They just like being mentioned."

THE CANADIAN PRESS

CTV

Your Morning will change in August

The new morning show replacing CTV's long-running Canada AM will premiere Aug. 22.

Ben Mulroney and Anne-Marie Mediwake will co-host the live three-hour show Your Morning, alongside Melissa Gredo of CTV's daytime talk show The Social as late morning anchor, Lindsey Deluce as news anchor, and Kelsey McEwen as weather anchor.

Canada AM was abruptly pulled off the air in June after a 43-season run. The sudden end

of Canada AM shocked viewers, but Randy Lennox, president of entertainment production and broadcasting for Bell Media, said hosts Beverly Thomson, Marci Ien and Jeff Hutcheson had known about the looming change "for a period of time."

Your Morning, billed as a "contemporary twist" on morning TV, will air weekday mornings on CTV in Ontario, Quebec and Eastern Canada and nationally on CTV News Channel. THE CANADIAN PRESS

TV BRIEF

Veep actor loses Emmy nod over technicality

Peter MacNicol's Emmy nomination for best guest actor for his work on Veep this past season has been revoked after officials determined he appeared in too many episodes of the HBO comedy. MacNicol was nominated

last week for his portrayal of powerbroker Jeff Kane.

But the LA Times reports the Television Academy now says he is ineligible for the award. Under rules performers must appear in less than half of a season's episodes to be eligible as a guest actor.

THE ASSOCIATED PRESS

+ CORRECTION

The byline on the Wednesday, July 20, story on women in the craft brewing industry was inadvertently omitted. The article was written by Jennifer Foden.

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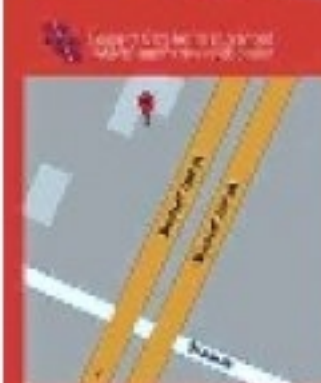
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Hit track remixes pop chart success

Q&A

Mike Posner on how tripping in Ibiza changed his prospects

Mike Posner was grappling with the pitfalls of faded Top 40 success when he popped a pill in the presence of Swedish super-producer Avicii and em-

barked on a night he'll never forget.

It wasn't exactly a shining moment for Posner, but the random drug trip helped spark his self-pitying "I Took a Pill in Ibiza," which has turned into one of this year's biggest hits.

The song helped relaunch Posner's singing career, which hit a dry spell after his 2010 single Cooler Than Me peaked at No. 6 on the Billboard Hot 100. Ibiza eclipsed that per-

formance by hitting No. 4 two months ago and has racked up more than 424 million plays on YouTube.

The singer doesn't take sole credit for the success of his latest hit. It was a little tropical spice infused by Norwegian producers Seeb that helped the song's remix scale the charts.

Posner is enjoying the rewards of his resurrected popularity by joining pop stars Demi Lovato and Nick Jonas

on tour this summer. He will play Montreal on Friday before hitting up Toronto on Saturday. Another run of Canadian dates will start in late August in Vancouver (Aug. 27), Edmonton (Aug. 29) and Calgary (Aug. 31).

Posner spoke to The Canadian Press about finding a second wind on the pop charts and his past experience writing for Justin Bieber.

The Ibiza remix seemed to

come out of nowhere earlier this year. Did you think it would be such a big hit?

No way. I believe the stuff is good and it warrants a lot of people's ears, but I never know how that's going to manifest itself. I just hear stuff in my head and my job is to create the art, the music that I want to exist in the world. When I'm creating it's for an audience of one — and that's me.

You sing about doing drugs in Ibiza to impress Avicii. At the same time your song was climbing the charts Avicii announced he was retiring from live performances, telling the Hollywood Reporter that "the scene" of clubs wasn't for him. What did you think of his sudden departure?

Each artist has to decide what success means to them. I don't think he really loved playing live as much as he likes making stuff in the studio. While other people may see that as quitting ... I look at it as a very powerful move in doing what he actually wants. You don't get to choose what makes someone else happy.

You've sang about loneliness, losing your way and feeling like a failure, but many people might assume that with your revived fame it'd be hard now to relate to those darker themes. Do you find it tougher?

I know it sounds ridiculous to a lot of people but it truly is lonely on the top. Most of the people you grew up with can't really identify with what you're going through. The definition of success is you've made it to a level most people don't, so by definition you're experiencing things most people don't. And it can be lonely. But I think you get better at it with time.

THE CANADIAN PRESS

You penned Sugar for Maroon 5 and Justin Bieber's Boyfriend. Now that you're back on the charts are you saving all of your lyrics for your own songs?

I feel like I'm an artist at heart. I make my albums first and then if something doesn't fit or doesn't make sense, or I don't sound good singing it, it's on the table for other artists. And then there are some artists I go in the studio with to help with their projects — not a lot, but here and there.

Is that what you did with Bieber for Boyfriend?

We wrote a version of it, gave it to him, and then he put his panache on it. He made it his own. A lot of times when you write a song you're supposed to say they helped, but he really did contribute lyrically and make that thing his own. When I wrote (Boyfriend) it was all from my point of view, so he had to change it.



Mike Posner was surprised by the success of his song I Took a Pill in Ibiza. THE CANADIAN PRESS

I just hear stuff in my head and my job is to create the art, the music that I want to exist in the world. When I'm creating it's for an audience of one. Mike Posner

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Anatomy of a stage

Before a band takes the stage, an entire crew designs everything from the lights and multimedia played on screen to where singers stand. Montreal-based Lüz Studio was tasked with creating the Panic at the Disco show currently touring North America. We got a backstage pass to see what goes into making the performance pop.

MEGAN HAYNES FOR METRO CANADA



Setting the stage

The stage itself is one of the biggest factors when designing a set, says Matthieu Larivée, lighting and visual designer for Lüz, but perhaps not in the way most people think. Since the concert tours the different sizes and settings of arenas, from large outdoor spots, like the recent stopover in Toronto at the Molson Amphitheatre, to smaller indoor stages. As a result, three different sets are created for small, medium and large stages. The large version has extra elements on the side, while the smallest setting is pared back to the basics.

The video

Since the show starts early with the sun still high in the sky, the first half of Panic's show is video-based. Lüz took full advantage of the giant 16-foot LED screen and created an array of animated graphics to be intercut with live footage of the band. Three weeks of programming and animation went into creating the content, which is all based on the band's personality (such as a car riding through the city before pitching into a pool, inspired by Panic's latest album cover), Larivée says. Live footage (intercut with some graphics), helps those in the cheap seats a better view. The video content is triggered by an audio sensor that picks up the drummers' tempo, so there's no risk of a mismatch should the band tweak the lineup at the last minute.

THE SET

Lüz was told to "think like Sinatra" when designing the set, Larivée says, so everything has an art-deco feel to it. For example, the platforms on which the band plays are covered with back-lit panelling, which is made of an exclamation-mark pattern.

THE LIGHTS

The LED screen splits in two midway through the concert, revealing the band's second act: a 16-foot "Magic Wall" of lights. Each fixture weighs about 60 pounds, and is programmed to act as an extension of the screen.

The teardown

Panic at the Disco co-headlines the tour with Weezer, a band with a completely different personality, says Larivée. Both have distinct sets, and neither share much in the way of equipment except for the backscreen. This means the 20,000-pound Panic stage is designed to be easy to tear apart after the band finishes its half. The entire set, including the massive surprise piano platform that rolls out midway through the concert, takes less than 10 minutes to dismantle.

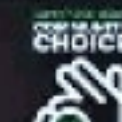
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Six questions for Nick Jonas

The pop star tackles your burning social media Qs about his tour with Demi Lovato, living with diabetes, and a Jonas Brothers' reunion. TORSTAR NEWS SERVICE

You were originally 'blamed' for the demise of the Jonas Brothers. Did the break up affect your relationship and do you think that you will ever pursue music together again in the future? — Sarah Bradley, Toronto via Facebook

I don't think that we will pursue music together again. I think we are all very happy doing what we're doing on our own. Joe's band DNCE is doing very well and Kevin has moved into the tech world and is killing it there. The end of the Brothers, as a band, was the best thing that ever happened for us as brothers.

Why is there no encore on the Future Now tour? — Melissa Rae, Toronto via email

I always kind of feel like they're fake and it ruins everything. We just said, 'why not just steamroll through and stack some of the hits at the end and be out?'

Do you practice your Grammy speech? — Devon Scoble, Toronto via Facebook

(laughs) Not enough I guess. That's a dream of mine someday to win a Grammy, but I'm also aware that there are a lot of very talented people in the world with a lot of music, and patience is key. I'm very early in my career still.



Nick Jonas's The Future Now tour plays Vancouver, Edmonton, Calgary and Winnipeg next month. CONTRIBUTED

What is something that you have never done that you want to do? Like on a bucket list? — Hayley Rae (@hayleyx3jb), New York via Twitter

Hmm, that's a tough question. I'd love to go to Japan. I've never even toured there. One of my very, very close family friends and her mom, they live there now. I would love to see them and experience the culture.

What is the single biggest lesson you have learned through your experience living with Type 1 diabetes? — Amar Powar, Toronto via Facebook

To just relax, take it easy, and not stress over the small things. It's very tough living with diabetes but it is completely manageable and as long as you don't get overwhelmed you will be all right. You have to keep your head up and trust in your doctors and your family and friends to help you walk through it each day.

I wanna know more about his next acting project. — BACONick (@unhingedlikeyou), via Twitter

There's a big project that I can't talk about yet. It hasn't quite been announced, but it's something that I am really thrilled to have been cast in and anxious for people to hear about. It's a film I will do right after the tour ends.

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DREAM SET MUSICIANS' HIP PICKS

With the Tragically Hip's much-anticipated Man Machine Poem tour kicking off Friday in Victoria, B.C., many longtime Hip aficionados are imagining a dream set list constructed from the band's vast catalogue of classic Canadian songs. Before the band steps on stage, some musicians offered their picks for songs they'd most like to hear and why they resonate. THE CANADIAN PRESS



Sean McCann, former Great Big Sea guitarist: Scared

"The song for me is a dissertation on the nature of fear itself and where it ultimately comes from — within. I have lived through much and while this song doesn't let anyone off the hook, I always take comfort in its frank analytical approach. We have nothing to fear but our selves and the sooner we face that truth, the quicker we will all be able to move forward into real freedom."



K-os: Ahead by a Century

"That's my song. The whole video, that guitar. That everything. I remember sitting on the floor watching it when it came on MuchMusic like, 'This is the best thing ever.' (Downie) was the first person I listened to where I was like, 'This dude has something to say.' That's always why I've wanted to be a part of pop culture — to say something."



Raine Maida of Our Lady Peace: Grace, Too

"In 2004, I travelled to Darfur with War Child (an organization that works with children in war zones). We were provided housing in a United Nations shack. It was three of us and two UN personnel who were stationed there to decide whether the unspeakable sadness in Darfur was in fact genocide or not. Not long after I returned from Sudan I came across an article on Grace, Too. The journalist wrote that Gord described the song as being about the UN and the complexities surrounding this controversial entity. This blew my mind and I immediately began re-evaluating the song, trying to decipher the lyrics and apply my personal experience - I'd witnessed the UN ego and power first hand."

"His lyric about 'When the appearance of conflict meets the appearance of force' was now the perfect metaphor for the incredible circumstance and authority that came together there. I've not always been forthright with journalists as far as the true meaning behind songs I've written and I wouldn't be surprised if Gord was trying to throw the journalist off his lyrical scent. Regardless, 'Grace Too,' has a strength and weight that feels beyond this world."

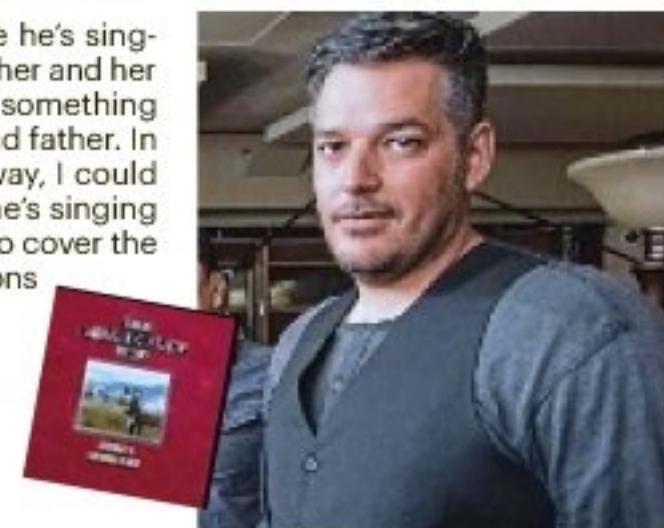


Ron Sexsmith: Ahead by a Century

"As a fan of melody, I've always loved Ahead By A Century. I don't claim to know exactly what it's about but it reminds me of childhood and of things being predestined in a similar way that the song Comfortably Numb by Pink Floyd does. Endlessly thought provoking."

Adrian Sutherland of Midnight Shine: Fiddler's Green

"It seems to me he's singing about a mother and her son longing for something — a husband and father. In some strange way, I could relate to what he's singing about. (I used) to cover the tune many moons ago."



POLITICS

Be careful with anthem advises Trudeau

Whether it's an off-the-wall rendition or changing the lyrics, Prime Minister Justin Trudeau has a message for people seeking to change the national anthem: be careful.

Trudeau says anthems are important and should only be changed with care and proper process.

He pointed to the process underway in Parliament now to change the lyrics of O Canada from "in all thy sons command" to "in all of us command."

He told Global News Thursday artists need to be careful when



I think artists need to be very, very careful

Prime Minister Justin Trudeau

they try to express themselves through a piece that's so cherished and symbolically important for Canadians.

Trudeau had been asked about the recent controversy involving a Tenors member who altered

the lyrics to O Canada prior to the Major League Baseball all-star game.

Remigio Pereira has since apologized for changing the verse "With glowing hearts we see thee rise, the True North strong and free," to "We're all brothers and sisters, all lives matter to the great."

"I think people, whether it's a particularly off-the-wall rendition of it, or changing the words of it, I think artists need to be very, very careful when they try to express themselves through a piece that is so cherished and

symbolically important for Canadians," Trudeau said.

Efforts to formally change O Canada can be controversial.

The bill to do so was put forward by Liberal MP Mauril Bélanger, who currently has Lou Gehrig's disease.

His deteriorating condition spurred efforts to fast-track the legislation through the House of Commons, but the Opposition Conservatives say there should be more public consultation.

The bill is currently before the Senate.

THE CANADIAN PRESS/ZZ

MUSIC BRIEF

Fans get one last crack at Hip tickets with lottery

Fans of the Tragically Hip still hoping to see the band on their upcoming tour could score tickets through a newly announced lottery.

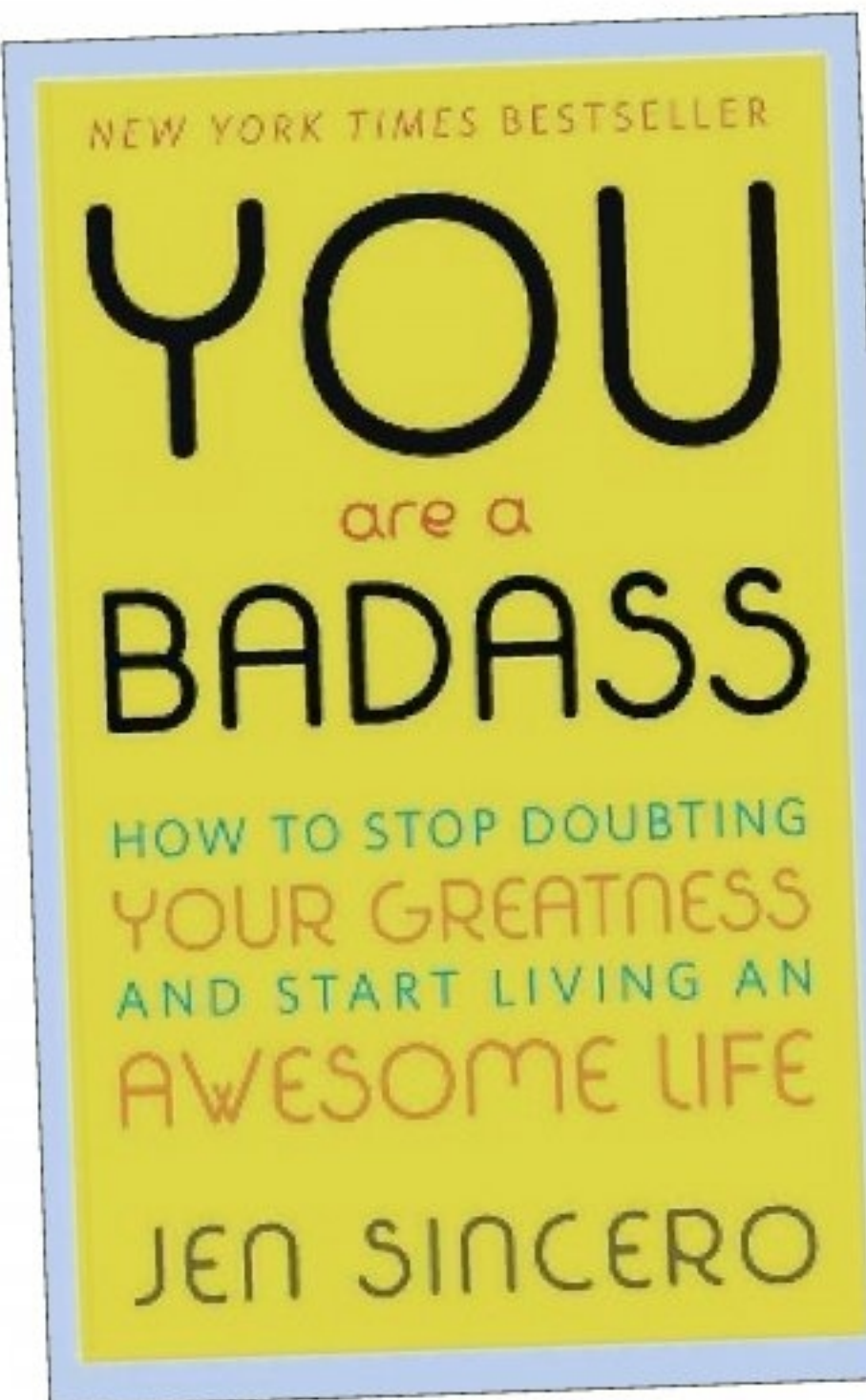
For each date on the Man Machine Poem tour, there will be an opportunity to buy tickets on the day of the show. Fifty winners will be selected from each show's lottery, and those people will each be able to purchase two tickets.

The cutoff for lottery entry is 11 a.m. local time

on the day of the show, and winners will be notified by email by 1 p.m. that day.

The tickets will be priced at face value and will range from best in house and mid-level. Unclaimed tickets will be released to the venue's box office for general sale after 7 p.m. local time. Two months after the band revealed that lead singer Gord Downie has terminal brain cancer, the Hip is embarking on a 15-date tour that kicks off Friday in Victoria.

THE CANADIAN PRESS



Why Sincero's still the badass of life coaching

INTERVIEW

Author charts the best route from Loserville to Awesome City

We've got a world of life coaches out there offering a world of inspirational and instructional ways to make our many and varied "journeys" meaningful through self help. And then there's Jen Sincero, the sassiest of them all.

She curses, she quotes Kurt Cobain and her friend Cynthia ("I'm okay, I'm not okay") along with lofty authors and philosophers, and she titles chapters of her hilarious, bestselling book *You are a Badass* with things like, *Self-Perception is a Zoo*.

With a following still strong since Running Press first published the book in 2013, the 50-year-old Sincero has sprouted *You are a Badass* calendars and a *You Are a Badass* talking button that dispenses nug-

gets of wisdom and encouragement in her own voice when you press it. Come April, fans of Her Badassness will be happy to know she's out with a new book, *You are a BadaSS at Making Money*, from Viking.

Tell us about your journey from — in your words — Loserville to Awesome City.

My big journey was around money. I was a successful writer, I was a musician but I was just always broke. Into my 40s, I was scraping by. I finally just got so sick of it. That's when I really put my nose to the grindstone and started learning everything I could about changing my life.

One of the issues, which I'll write about in my new book, is my dad. One of the ways that he showed me he loved me was giving me 20 bucks. Deep down in my heart I felt like if I made a lot of money my dad wouldn't feel like he'd be able to show me he loved me because I wouldn't need him anymore.

What has happened to the U.S. where we feel the need for life coaching so intensely?

It's probably like however therapy started. From my experience, there were things that I was trying to do on my own, namely making money and building a career for myself, that I was just sucking at forever. Whenever it did originate, where you get that outside help from somebody, it's so profoundly quick and so much easier, that I can see why it took on like wildfire. I'm so damn glad I did it.

Let's talk about the G-word, otherwise known as God. Can we be successful without him/her/them?

You know, I was such a skeptic about that. There are people walking around right now who are successful who don't give a crap about God. For me, I feel like God is intuition and an inner-knowing. I think it's difficult to be successful without that because that's

where you have to come from if you're really going to knock it out of the park. For me, it's more a sort of a universal energy. That's one of the things I had to start wrapping my mind around.

What are you saying in this book that hasn't been said many times over — numerous inspirational quotes and all?

To be honest, I don't think I'm saying anything all that brand new. I think I'm just saying it in a new way. You know, one of the motivations for me writing this book. I've read like 10,000 self-help books. There was nothing that was kind of funny and curse-y and irreverent, and I was like, man, that's what this industry needs. That's sort of what I wanted to do with this book, was to not only make it entertaining but to give somebody who wasn't quite getting it the opportunity to get it from a different voice.

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Kobe or not Kobe, that is the question

INTERVIEW

Larry Olmsted slices through the truth in the fake food game

Food and travel writer Larry Olmsted was the first to inform North Americans that no, sadly, they have probably

not tried Kobe beef. "No matter how much you have spent, how fancy a steak house you went to, or which of the many celebrity chefs who regularly feature 'Kobe beef' on their menus you believed, you were duped," he wrote in *Forbes* magazine in 2012.

It launched in Olmsted a dedication to uncovering other food scams, the topic of his new book, *Real Food, Fake Food*:

Why You Don't Know What You're Eating & What You Can Do About It.

The vast majority of fake food sales continue, Olmsted reports. Those include everyday items such as cheese, olive oil, sushi, wine, coffee, and honey, often made with additives and other ingredients forbidden by artisans who make the originals.

Was there any particular fake-

ery that made you so mad you felt you had to write the book?

It was a culmination, but it was really driven by two things. My readers were outraged (by the Kobe beef story). It kind of surprised me, because it's not a food that affects a lot of people the way olive oil or other staples do. I just started to think: if so many people don't know about this, and it

elicits such passion, what if there's more to this fake food story than Kobe beef?

The other was visiting Parma in Italy. It was the opposite side of the coin. I came away mesmerized by the way they make the food, the way the entire town and the fabric of society revolves around this age-old tradition of making really excellent, high-quality food. I came back thinking, "Why can't everyone make their food the way they do in Parma?"

There's a guy in your book who now refuses to eat shrimp. Have you written off any food?

Do you still eat shrimp? I have not written it off, but I have become much, much pickier. I eat less shrimp than I used to, but I eat more shrimp at home because I feel like I can control the sourcing better. I'll buy wild-caught shrimp from the Gulf of Mexico, which is mainly the only shrimp I will eat and I will buy it with third-party labelling that verifies the chain of custody.

Are we stuck eating toxic fish or just not having sushi?

I'm a big fan of all things in moderation. I write this column for *USA Today* on regional foods so I eat barbecue and burgers. I know the provenance of the ingredients is not good, but I don't eat barbecue every day. I look at it as a treat. If you love sushi, it's not going to kill you to eat sushi. I get the eel because I like eel but also because it's a low-value food that tends not to be faked. I wouldn't get crab legs expecting it to be real.

What about solutions? In the book you place a lot of responsibility on the U.S. government for weak laws and a failure to protect trademarks.

It's not a change so much as they have to do their job. There are a lot of things they're mandated to do but are failing at, like inspecting our seafood. At the trademark level, it's more of a negotiated process. It would not be that difficult for the U.S. government to say "No more fake Champagne can be made here."

Can we reverse the trend?

We have a history of grandfathering things (in the U.S.) So with Champagne, Congress finally bowed to pressure from the rest of the world and said, "OK, you're not going to be able to make Champagne here anymore — unless you were already doing it." We have a sense of entitlement that we've been doing it for a long time, so it's OK. We don't take that attitude when it comes to crime. Things that were legal become illegal. We don't have a constitutional right to do things because they used to be done.

What do you hope the reaction will be to this book?

I hope it will enact change. I think some previous books about food like *Fast Food Nation* and *Food, Inc.* have spurred some outrage that led to change and I am hoping there's more of the same. TORSTAR NEWS SERVICE

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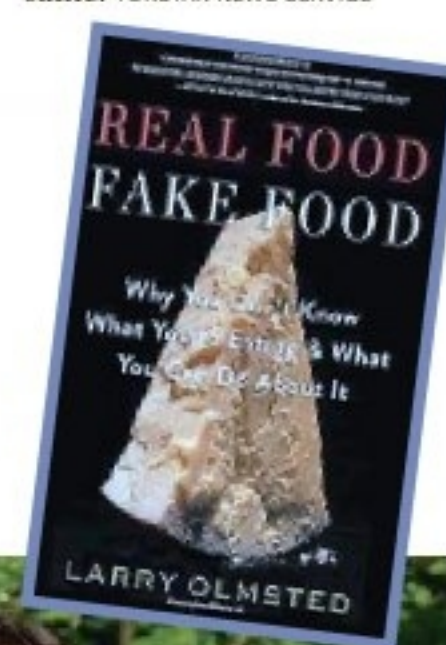
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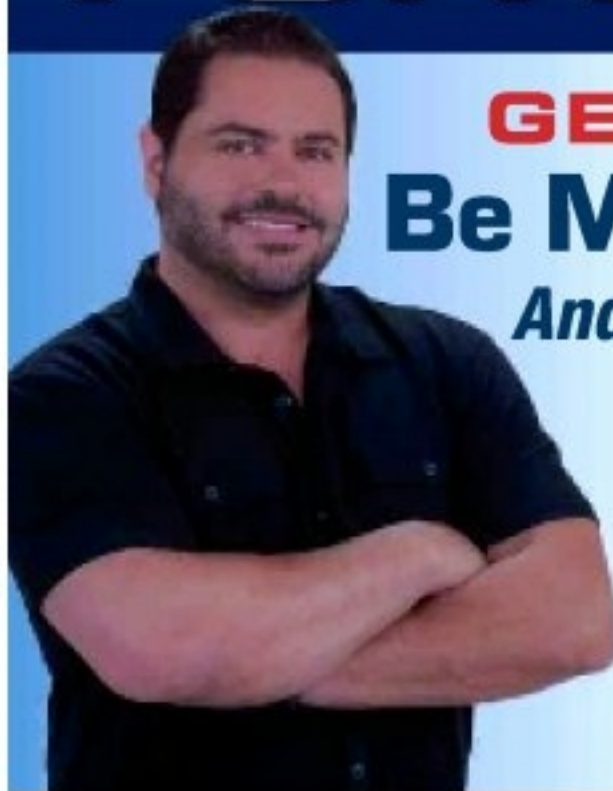
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The Power to Surprise



Food and travel writer Larry Olmsted gets to the heart of the real food debate in his new book (inset). CONTRIBUTED

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COOKING

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Graham Elliot appears on television in front of millions of viewers, runs a two Michelin-starred restaurant in Chicago and cooks for rock stars at Lollapalooza, but he still frets about his image.

He of MasterChef fame and the trademark white glasses lately wondered whether he should finally switch them out for a different look.

"Is this white glasses thing done?" he asked on a recent shopping trip. The James Beard Award-nominated chef, 39, has four white pairs. The frames feature as part of the branding and social media for the Graham Elliot Bistro and his new cookbook. He decided to stick with it. "People wouldn't recognize me!" Elliot exclaimed during a visit to the Toronto Star's test kitchen during a recent string of North American media appearances.

Elliot has already undergone

a drastic physical change. In 2013, after tipping the scales at nearly 400 pounds, he underwent a stomach-shrinking weight-loss surgery called a sleeve gastrectomy and lost more than 150 pounds.

The procedure meant he could still taste everything required of a chef but could only eat a small amount.

He certainly couldn't tuck into a bucket of chicken at 2 a.m. after a long shift at the restaurant or on camera.

For years, he had accepted the role of the big, funny guy and bought into the idea that a meal needed foie gras and fried egg and bacon to be delicious.

He realized not only did he deserve better, but it was "selfish" for a father of three to continue eating that way. That new outlook is evident in the food he now loves to serve.

"I don't care if I can't be a chef anymore or be on TV," he says. The new priority is "being able to be healthy, being able to lead by example and just enjoying life more."

In the introduction to his first cookbook, *Cooking Like a Master Chef: 100 Recipes to Make the Everyday Extraordinary*, released last year, El-



Graham Elliot hopes his cookbook, *Cooking Like a Master Chef: 100 Recipes to Make the Everyday Extraordinary*, inspires people to roll up their sleeves in the kitchen.

ALL PHOTOS: TORSTAR NEWS SERVICE

liot writes: "Most of all, I want everyone to cook. To push up their sleeves and get some good food goin' on, even if it means winging it now and then ..."

Some of the recipes sound restaurant-y or even fussy, such as roasted black cod with melted leeks and Champagne sauce. Elliot stresses that home cooks should make modifications as

they see fit. Don't like kale? Use a different bitter green. Can't afford pricey pine nuts? Use seeds instead.

"I want people to cook. Not just healthy, but just know what good food is. You don't need a big can of something, or frozen food 'cause it's easy. Take that extra five minutes," he says. TORSTAR NEWS SERVICE

SESAME CHICKEN THIGHS

Ingredients:

Chicken thighs:

- 1 tbsp (15 mL) peanut oil
 - 1 tbsp (15 mL) garlic, minced
 - 1 tbsp (15 mL) shallot, minced
 - 1 tbsp (15 mL) fresh ginger, minced
 - 2 tbsp (30 mL) chili sauce
 - 1 tbsp (15 mL) soy sauce
 - 1/2 cup (125 mL) rice wine vinegar
 - 1/4 cup (60 mL) mirin
 - 2 tbsp (30 mL) honey
 - 1 tsp (5 mL) fish sauce
 - 1 tsp (5 mL) Sriracha
 - 1 tbsp (15 mL) sugar
 - 1 tbsp (15 mL) lime juice
 - 1 tsp (5 mL) minced fresh chives
 - 1 tsp (5 mL) minced cilantro
 - 1 tsp (5 mL) fresh lime zest
 - 1 tbsp (15 mL) black sesame seeds
 - 6 bone-in chicken thighs
 - Salt and pepper
 - 1 tsp (5 mL) olive oil
- Bok choy and plums:
- 1 tbsp (15 mL) olive oil
 - 2 tsp (10 mL) soy sauce
 - 2 tsp (10 mL) sesame oil
 - 3 heads of bok choy,
 - 4 plums, pitted and sliced
 - 1 tbsp (15 mL) sesame seeds, toasted

Directions:

1. For glaze, in a wide skil-

let, heat peanut oil over medium-high heat. Add garlic, shallot, ginger, chili sauce, stirring until aromatic. Add soy sauce, vinegar, mirin, honey, fish sauce and Sriracha, stirring often. Bring to a simmer. In a small bowl, dissolve sugar in lime juice. Add to skillet and simmer for 4 to 5 minutes until combined.

2. Add chives, cilantro, lime zest and black sesame seeds. Stir to mix then remove from heat. Set aside.

3. Season thighs with salt and pepper and rub with olive oil. Heat grill to medium-hot. Grill thighs for 8 to 10 minutes on either side, brushing several times with the glaze. When cooked through, dunk thighs in glaze and return to the grill. Cook until skin is charred, 1 or 2 more minutes.

4. For bok choy and plums, in a large bowl, whisk olive oil, soy sauce and sesame oil.

5. Add bok choy and toss. Place on grill and cook until leaves begin to wilt and char, about two minutes. Using tongs, remove from grill and return to bowl. Toss with plums and sesame seeds.

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Home is where the kitchen is

REFUGEES

Syrian women cook menu of friendship and self-sufficiency

Genna Buck
Metro Canada



Walk into the Depanneur, a restaurant and gathering-place in Toronto, on any Thursday, and you'll be hit with savoury and distinctly Syrian smells like kibbeh (bulgur balls with spiced lamb), Khyar belaban (cucumber-mint

dip), or Torab el Melook (a trifle-like concoction of pineapple, custard and crumbled cookies).

You'll also see around 10 Syrian women — from 20-somethings with babes in arms to grandmothers — busily making and packaging gourmet meals.

They're part of a project called the Newcomer Kitchen. It got its modest start in April after Len Senater, The Depanneur's owner, learned government-sponsored Syrian refugees were cooped up in crowded hotels.

He invited a small group of mothers with "incredible culinary talent" to cook traditional, multi-course Syrian meals in his expansive commercial kitchen, which sits empty most of the day.

They'd take the food back to their families, and any extra could be sold to cover costs and provide the women with a little extra income.

It turned into something much bigger.

Now that refugees are out of hotels, the Newcomer Kitchen has evolved into a brisk meal-delivery business involving about 40 newcomer women in all.

The meals go on sale online for \$20 every Tuesday morning. The

women spend all day Thursday cooking, and the food's ready for pickup or delivery in time for dinner. Any profits left after grocery costs and a small overhead are split among the cooks. Last week, they took home \$120 each — about \$18 an hour.

"It's incredible to see the women laughing and talking and singing," Senater said, "interacting in a way they might not have had a chance to do in quite some time."



Jury Musri, from Syria, eats watermelon during a break at the Newcomer Kitchen in Toronto. THE CANADIAN PRESS

RECIPE

Anissa Helou's kibbeh balls



Stuffing

- 90 g (3 oz) unsalted butter
- 60 g (2 oz) pine nuts
- 500 g (1 lb) large onions, finely chopped
- 200 g (7 oz) lean minced lamb
- 10 ml (2 tsp) ground cinnamon
- 10 ml (2 tsp) ground allspice
- 2 ml (1/2 tsp) finely ground black pepper
- Salt, to taste

Kibbeh

- 1 medium onion, peeled and quartered
- 500 g (1 lb) finely minced lean lamb from the leg
- 200 g (7 oz) fine bulgur
- 10 ml (2 tsp) ground cinnamon
- 10 ml (2 tsp) ground allspice
- 2 ml (1/2 tsp) finely ground black pepper
- Salt, to taste
- Basil leaves, for garnish

Directions:

1. Melt butter in a deep frying pan over medium heat and add pine nuts, stirring constantly, until golden brown. Set aside.

2. In the same butter, fry chopped onions until soft and transparent. Add minced meat and cook. Remove from heat. Season with cinnamon, allspice, pepper and salt. Stir in pine nuts. Taste and adjust seasoning if necessary. Set aside.

3. In a food processor, finely chop quartered onion, then add meat and process. Wash bulgur in two or three changes of cold water, drain well and add to meat. Pulse a few times.

Transfer meat mixture to bowl.

4. Prepare a bowl of lightly salted water and have it at hand. Add cinnamon, allspice, pepper and salt and mix with your hand, dipping your hand every now and then in salted water to moisten it and the kibbeh, until spices are well incorporated. Knead meat mixture into a smooth paste.

5. Divide kibbeh into 20 balls, each the size of a large plum. Lightly moisten hands in salted water and place one meatball in the cup of one hand. With the index finger of your other hand burrow a hole into the meatball while rotating it. This makes the hollowing out easier and more even. You should produce a thin meat shell resembling a topless egg.

6. Put 1 1/2 to 2 tsp of stuffing inside meat shell, gently pushing stuffing in with your finger, and pinch open edges together with your fingers. Cup your free fingers over the filled ball and gently shape it into a ball. Put finished ball on a non-stick baking sheet. Continue making balls until you have finished both meat and stuffing. If you have some stuffing left, serve it warm on the side or fry some eggs on it.

7. Preheat oven to 350 F. Brush kibbeh balls with melted butter. Bake for 20 to 25 minutes or until crisp and lightly golden.

LEVANT: RECIPES AND MEMORIES FROM THE MIDDLE EAST



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Scott Dry was one of 15 fathers who recently took part in a father-daughter hair workshop at the Luna salon in Chestermere, a bedroom community east of Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

Dads learn how to style daughters' hair

STYLE

15 fathers took part in a workshop at Luna salon

Scott Dry faked his way through his first French braid and learned that the trick to a perfect bun is using more "whatever they're called" — bobby pins.

By the end of class, his smiling six-year-old daughter was itching to race home and show Mom that Daddy did her hairdo.

"I wouldn't say I'm an expert," said Dry, a 43-year-old married father of two.

"I'll never be as good as

Mom. I'm OK with that."

Dry was one of 15 fathers who recently took part in a father-daughter hair workshop at the Luna salon in Chestermere, a bedroom community east of Calgary.

It's one of several such classes that have popped up in Canada in the last few months, part of a global trend that started last year.

"Dads are getting a little bit more involved with their daughters and doing their hair," said Luna manager Reyse Van Gelder.

A Facebook post about the fad caught her eye, so she put together the salon's first free class last October. Another followed in March and another is anticipated for this summer.

And when some moms also in need of hairstyling skills asked to join this year, Van Gelder started a mother-daughter class too.

It was held separately from the fathers' class so the men wouldn't feel overwhelmed.

The dads were given lessons on everything from how to brush hair without the squealing and tears to creating fancy French and fish-tail braids.

And not all of them had clumsy fingers.

"I also met a dad who knew

how to French braid better than I could, so it was like, 'Why are you even here?'" Van Gelder said.

For some of the men, Van Gelder said, it was simply a fun way to bond with their daughters.

All the girls left with goody bags filled with elastics, brushes, bows and barrettes.

The father-daughter hair craze — spawning classes as far away as Australia and Europe — even made waves in a heartwarming Super Bowl commercial in February.

"I also met a dad who knew how to French braid better than I could, so it was like, 'Why are you even here?'" Reyse Van Gelder

A hair care product company showed three players in the National Football League attempting to do their young daughters' hair with their rookie fingers.

"I don't know why they make these barrettes so complicated for guys," Pittsburgh Steeler Deangelo Williams says in the ad, as he struggles to wrap a pink bobbled elastic around the end of a braid.

The scene is likely to be typical in many father-daughter hair classes, some of which have morphed into fundraising events with names like "Beer and Braids."

The best hairstyling dad usually takes home a six-pack.

In a February class at the Coiffure D salon in Trois-Riv-

ieres, Que., one father reportedly confessed to using a vacuum cleaner at home to suck his daughter's hair into a ponytail.

He promised to never do it again.

"There's so much that's targeted towards moms," said Eva Shortt, an event planner who organized a "Hair 101: Dad & Daughter Hairstyling" class at Whipper Snipperz Cuts for Kids in Guelph, Ont., last winter.

She said many of the dads in the class were big and tough guys, some with tattoos.

"They were just so sweet with their daughters. It was amazing to see," Shortt said.

"I definitely want to do it again." THE CANADIAN PRESS

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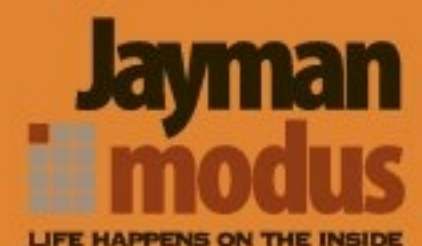
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Read this, Mr. Customs Officer

AMERICA

History, great eats — why wouldn't you visit Philly?

Loren Christie
For Metro Canada



When I told the American customs officer we were headed to Philadelphia, he was skeptical. "Why?" he asked incredulously. Unfortunately I had no rebuttal at the time, but after 48 hours discovering this historic city I would come up with plenty of ammunition.

The eclectic neighbourhoods

Philly, we discovered after two solid days of walking, feels like 10 cities in one.

There are areas dedicated to cultural interests; my highlights were the Parkway Museums District, including the juggernaut Philadelphia Museum of Art, and the historic old city, which is home to the some of the most important moments in U.S. history such as the creation and signing of the Declaration of Independence.

There are also neighbourhoods that are lower key, such as the residential area of Society Hill, with its beautifully kept brick town homes and



Philadelphia, which hosts the Democratic National Convention from July 25-28, is rich in American history — and delicious food. LOREN CHRISTIE

grittier feeling South Street. Walking around City Hall, which looks like a grand Louis

XIV French palace, we gawked at the incredible architecture.

The Spruce Street Harbor Park was the perfect place to grab a beer and people watch. For the last three years forward thinking city officials

have created a pop up park for the summer months. Partly constructed out of floating barges moored along the Delaware River, visitors can grab higher end grab-and-go

food from cargo containers, play arcade games or chill out in the hammock garden or on a

net suspended over the river.

The Food

Upon arrival, we headed to the bar at the funky Hotel Palomar where we struck up a conversation with a self-professed foodie named Matt. He recommended booking a table at nearby Vernick.

It was hands down the best meal I have had in recent memory; tuna with foie gras and rhubarb, a romaine and fig salad that was out

of this world and wood-fired organic Amish chicken.

Over the course of the weekend, we realized this was not a one off.

We enjoyed stylish Italian comfort food the following night at Little Nonna's in the "gayborhood" and fantastic Philly cheesesteak lunches in the Reading Terminal Market, a vibrant food market in the heart of the city.

A lot of places bill themselves as foodie destinations, Philadelphia actually is one.

I like to be surprised and Philly was an unexpected delight. Easy and friendly, it felt like the best of Washington, Boston and Chicago combined. Mr. Customs Officer, next time I'll have my answers ready.



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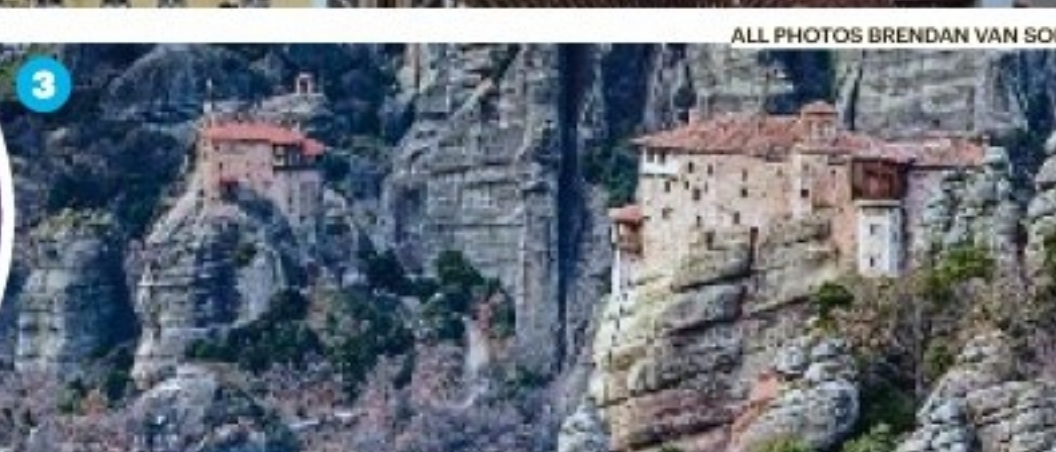
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ALL PHOTOS BRENDAN VAN SON

Europe's most underrated cities

While famous European cities such as Paris, London and Rome swell with tourists year-round, there are still plenty of under-visited destinations on the continent.

And while many first-

time visitors may stick to the usual subjects in Europe, savvy travellers know there are plenty of worthy places to see off the tourist trail. Here are five of those cities.

TORSTAR NEWS SERVICE

1 Kotor, Montenegro — If there's any destination on this list poised to jump from underrated to extremely popular, it's the town of Kotor. This Montenegrin gem is situated within the southernmost fjord in Europe.

2 Gdansk, Poland — Almost completely destroyed by bombings during World War II, Gdansk has since been restored to its former beauty. Cute canals, narrow townhouses, and lively squares make this city a feast for the eyes.

3 Meteora, Greece — To add to the drama of this incredible pillared landscape, many of the geological features are topped by ancient monasteries.

4 Belfast, Northern Ireland — Belfast is a wonderful city, though it still suffers from a bad reputation. However, those who spend time in Belfast quickly fall for the history, counterculture, incredible murals, and its people.

5 Tallinn, Estonia — One of the most incredible things about Tallinn is looking down from its high ancient walls. You can see the rings of history — a medieval centre, drab socialist buildings surrounding it, and the modern city that encapsulates it all.



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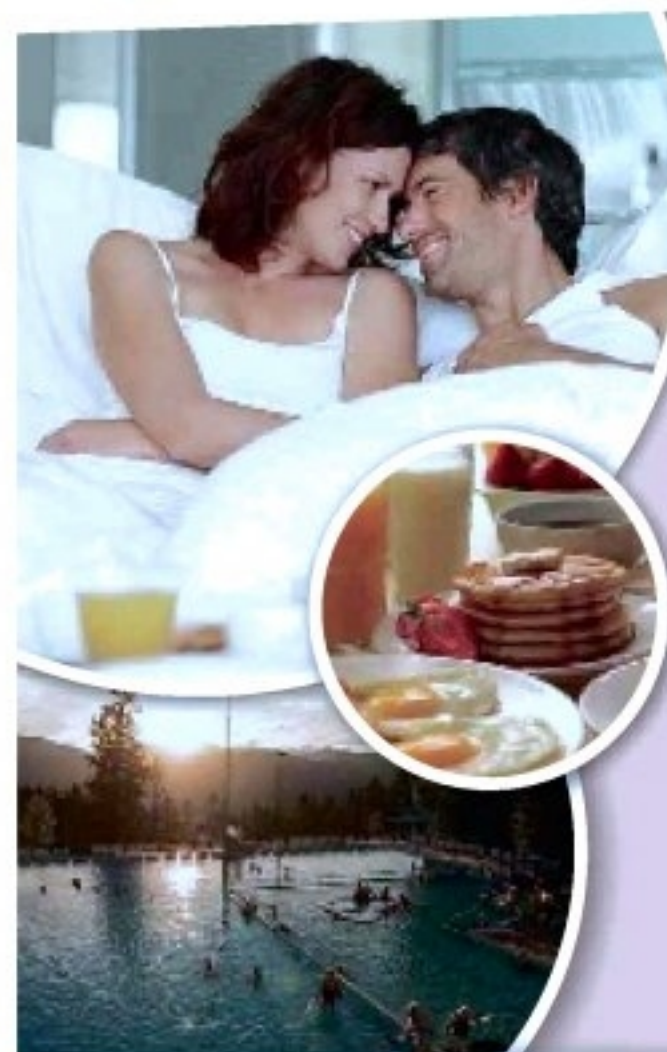
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EAST COAST

Closely linked provinces perfect for packing it all in

**Brian
Kendall**
For Metro Canada



For golfers, one of the top attractions of Canada's conveniently compact Atlantic region is how much ground — and how many outstanding courses — they can cover during even a short trip.

On a recent week-long tour, I played six courses in Newfoundland, Nova Scotia and New Brunswick, and never once felt stressed about making my next tee time.

First stop was St. John's, a vibrant and famously friendly city of 211,000 that still displays outward signs of prosperity despite the untimely bust of Newfoundland's offshore oil boom. Raymonds on Water Street was named Canada's best new restaurant of 2011, and slickly modern 84-room JAG Hotel on George Street West opened to rave reviews in 2014.

A must-play for golfers is



The stunning Algonquin Resort in New Brunswick was built in a Tudor Revival-style. CONTRIBUTED

the Osprey course at Clovelly. Architect Graham Cooke carved this beauty through a typical Avalon Peninsula landscape of wetlands and a forest of Black Spruce and Balsam Fir.

Another essential stop is lushly treed and challenging Glendenning Golf, named the province's course of the

year in 2011 and 2014. And my final tee off before catching a quick flight to Halifax was at the popular Admiral's Green course at Pippy Park, a fun and rolling design that offered stunning farewell views of downtown St. John's.

The hot new golf draw in Halifax is the Links at Bru-

nello, a Tom McBroom design unveiled last year about a 15-minute drive west of The Citadel, Pier 21 and the other downtown attractions. McBroom's layout led me on a thrill ride through granite outcroppings, wetlands and thick stands of pine trees.

Nova Scotia is also home to Digby Pines, one of my favourite resort courses. Designed in the 1930s by legendary Canadian golf architect Stanley Thompson, the course is the showpiece of Digby Pines Golf Resort and Spa, a Norman

chateau-style grand hotel 230 kilometres west of Halifax on the Bay of Fundy.

Thompson's classically designed layout includes several of his most unforgettable holes. The whimsical charm of the short par-four 11th, featuring a bunker shaped like a question mark, is impossible to resist. Clearly, Thompson was asking, "Can you drive the green?"

A car ferry from Digby to Saint John, New Brunswick, followed by a 102-kilometre drive west, brought me to St.

Andrews-by-the-Sea, my final stop before a return to Halifax for my flight home.

Renowned as one of Canada's prettiest and most sophisticated resort towns, St. Andrews-by-the-Sea boasts hundreds of lovingly preserved historic buildings dating from as far back as the 1770s, several noteworthy restaurants, and an eclectic collection of craft shops.

But the town's defining landmark is the Algonquin Resort. Built in the Tudor Revival-style in 1914 and relaunched in 2014 following a lavish makeover, the red-roofed grand hotel has hosted luminaries from Franklin Delano Roosevelt to Diana, Princess of Wales.

The resort's already strong Algonquin Golf Course will receive a redesign by top architect Rod Whitman at the end of this season. Almost certain to remain untouched is the signature downhill par-three 12th hole, with its breathtaking views across Passamaquoddy Bay to the state of Maine.

It's a postcard setting perhaps unsurpassed on Canada's Atlantic coast.

For more golf travel stories, visit Brian's website at canadiangolfttraveller.com



The hot new golf draw in Halifax is the Links at Brunello, a Tom McBroom design unveiled last year.



"This will scare a lot of people ... the sport is serious, we want a clean sport": Usain Bolt on the Russian track-and-field ban



CFL STAMPS RUN DOWN BOMBERS Stampeders Fred Bennett, left, and Joshua Bell jump on a fumbled ball by the Blue Bombers' Weston Dressler in Winnipeg on Thursday night. Bo Levi Mitchell threw three touchdown passes and Calgary won 33-18. JOHN WOODS/THE CANADIAN PRESS

MacLennan to spring Canadians into Rio

OLYMPICS

Flag-bearer gig for opening ceremony goes to trampolinist

Heading into her third Olympic Games, trampolining gymnast Rosie MacLennan is a defending gold medalist who has seen everything her high-flying, dangerous sport can throw at her.

But the 27-year-old has never had a week like this past one.

She got a call last Wednesday from Curt Harnett, Canada's chef de mission at this year's Games in Rio. The three-time Olympic medalist gave her the news that she would be Canada's flag-bearer for the Games' opening ceremony, making her the first gymnast to receive that honour.

Then she had to sit on that news for a week.

"It is a hard secret to keep because obviously it's something I'm incredibly proud about," MacLennan said in a conference



Rosie MacLennan waves the Maple Leaf next to Prime Minister Justin Trudeau on Thursday in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

call from Ottawa on Thursday, after Prime Minister Justin Trudeau had introduced her at Parliament Hill as the flag-bearer.

"My boyfriend was there when I got the news so he found out and he was able to be (in Ottawa) too. Wednesday night I kind of mentioned to my family that they should maybe watch the announcement," she

said, laughing.

MacLennan, who is from King City, Ont., will lead 314 Canadian athletes into the opening ceremony in Rio on Aug. 5.

"Rosie is awesome. She epitomizes what it means to be a leader in the sporting world

and has shown how sheer grit and determination can make you a champion," Harnett said in a press release. "I look forward to marching into the opening ceremony with Rosie leading the pack."

MacLennan is the first gymnast to be flag-bearer at the opening ceremony but, as she has in her career, she follows fellow trampolining gymnast Karen Cockburn in carrying the flag. Cockburn was the flag-bearer in the closing ceremony for Canada in Beijing in 2008.

"I'm really incredibly proud to be representing gymnastics in trampolining. It's a sport that I'm truly passionate about," MacLennan said. "I've been doing it for 20 years now and I think it's a great privilege to be the first person to carry it into the opening ceremonies, but also to be following in Karen's footsteps."

TORSTAR NEWS SERVICE

WINNING
On top of being an Olympic gold medalist, MacLennan was also a world champion and two-time Pan-Am Games gold medalist.

DOPING SCANDAL

Russians lose appeal for track team ban

Now that Russian track-and-field athletes have failed in their effort to have their Olympic ban overturned, it's up to the IOC to decide whether to kick the entire Russian team out of the Games that begin in Rio de Janeiro in 15 days.

In another blow to the image of the sports superpower, the highest court in sports on Thursday dismissed an appeal by 68 Russian track athletes of the ban imposed by the IAAF following allegations of systematic and state-sponsored doping.

Sports officials in Moscow condemned the ruling as "political," and said some athletes might take their case to civil courts.

In its ruling, the Court of Arbitration for Sport found that track and field's world governing body, the IAAF, had properly applied its own rules in keeping the Russians out of the Games that begin Aug. 5.

The three-man panel ruled that the Russian Olympic Committee "is not entitled to nominate Russian track and field athletes to compete at the Rio 2016 Olympic Games considering that they are not eligible to participate under the IAAF competition rules."

The IAAF praised the decision, saying: "Today's judgment has created a level playing field for athletes." THE ASSOCIATED PRESS

GOLF

D.J. in the mix at Canadian Open

Dustin Johnson and Luke List may be co-leaders, but it's the weather that's dominating play at the RBC Canadian Open.

Johnson made an eagle putt on the par-5 18th hole at Oakville, Ont.'s Glen Abbey Golf Club to tie clubhouse leader List at 6-under 66 on Thursday to loud applause. Johnson seemed out of contention for the first-round lead after a double bogey on 14, but then recovered with a birdie on 16 to set up the climactic shot.

Most players struggled with the fast greens and fairways, making it tricky to play off the browned rough and not roll through the harder grass as a



Dustin Johnson
GETTY IMAGES

drought continues to dry out southern Ontario. High winds had flags ripping wildly and played havoc with high shots, making it difficult

to play an accurate long game.

Amateur Jared du Toit of Kimberley, B.C., eagled the par-4 17th hole at Glen Abbey Golf Club, then birdied 18 to enter the clubhouse in a tie for third at 5-under 67. Americans Chesson Hadley and Kelly Kraft were also at 5-under. THE CANADIAN PRESS

MLB IN BRIEF

Tillman racks up 14th win as Orioles top Yankees

Chris Tillman tied for the major league lead with his 14th win, pitching four-hit ball for seven innings and helping the depleted Baltimore Orioles avert a four-game sweep at Yankee Stadium, beating New York 4-1 Thursday.

Tillman (14-2) matched White Sox ace Chris Sale for the most victories in the majors. He won his fourth straight start, allowing exactly one run in each outing. THE ASSOCIATED PRESS

Dodgers drop Strasburg, Nationals into loss column

Justin Turner homered twice and drove in five runs and the Los Angeles Dodgers ended Stephen Strasburg's undefeated streak by beating the Washington Nationals 6-3 on Thursday.

Turner hit his 16th and 17th home runs, a two-run shot off Strasburg in the first and a three-run shot off the right-hander in the third, to set a career high.

Strasburg (13-1) lost for the first time since Sept. 9. THE ASSOCIATED PRESS

NBA taking a stand on HB2

NORTH CAROLINA

All-star game to be moved in response to LGBTQ law

The NBA is moving the 2017 all-star game out of Charlotte because of its objections to a North Carolina law that limits anti-discrimination protections for lesbian, gay and transgender people.

The league had expressed its opposition to the law known as HB2 since it was enacted in March, and its decision Thursday came less than a month after legislators revisited the law and chose to leave it largely unchanged.

"While we recognize that the NBA cannot choose the law in every city, state, and country in which we do business, we do not believe we can successfully host our All-Star festivities

LAW'S IMPACT

The law has drawn opposition from a number of entertainers who have cancelled performances in North Carolina.

Charlotte officials have said they expected the all-star game to have an economic impact of around \$100 million.

in Charlotte in the climate created by HB2," the league said in a statement.

The league added that it hoped to announce a new location for next February's events shortly. It hopes to reschedule the 2019 game for Charlotte if there is a resolution to the matter.

"We understand the NBA's decision and the challenges around holding the NBA All-Star Game in Charlotte this season. There was an exhaustive effort from



Michael Jordan
GETTY IMAGES

all parties to keep the event in Charlotte, and we are disappointed we were unable to do so," Hornets chairman Michael Jordan said. "We are pleased that the NBA opened the door for Charlotte to host All-Star weekend again as soon as an opportunity was available in 2019."

There was no appetite among Republican lawmakers to change the provision requiring transgender people to use restrooms corresponding to the sex on their birth certificates in many public buildings — a measure at the heart of two legal challenges in federal court.

The law passed in March also excludes sexual orientation and gender identity from antidiscrimination protections related to the workplace, hotels and restaurants; and overrules local antidiscrimination ordinances.

THE ASSOCIATED PRESS



Chris Froome GETTY IMAGES

TOUR DE FRANCE

Victory is Froome's 'barring an incident'

Chris Froome won a mountain time trial and opened up a seemingly insurmountable lead of nearly four minutes over his closest challenger in the 18th stage of the Tour de France on Thursday.

Froome pumped his right fist after clocking slightly more than half an hour over the 17-kilometre route from Sallanches to the Megeve ski resort.

"He deserves his win. He's the strongest," said cycling great Eddy Merckx, a five-time Tour winner. "I can't see what could

prevent him from keeping this yellow jersey until Paris. His opponents just stay on his teammates' wheels. Barring an incident, nobody can beat him on this Tour."

Taking his second stage win of this year's Tour, Froome finished 21 seconds ahead of Dutch rider Tom Dumoulin.

Froome's overall lead of three minutes, 52 seconds over Dutch rider Bauke Mollema looms over the final two Alpine stages before Sunday's mostly ceremonial finish. THE ASSOCIATED PRESS

IN BRIEF

Gotze rejoins Dortmund

Borussia Dortmund is bringing back forward Mario Gotze from Bayern Munich.

Gotze left Dortmund for Bayern in 2013 but was mostly a bench player under Pep Guardiola. New coach Carlo Ancelotti reportedly did not try to keep Gotze who scored the winning goal for Germany in the 2014 World Cup final.

THE ASSOCIATED PRESS

Spain find successor to manager del Bosque

Spain's football federation named Julen Lopetegui as the new coach of the national team on Thursday, replacing Vicente del Bosque.

Del Bosque stepped down following Spain's elimination at the Euros.

The 49-year-old Lopetegui had been without a job since January after being fired from FC Porto. THE ASSOCIATED PRESS

Cilic parts ways with legend Ivanisevic

Marin Cilic has split with coach Goran Ivanisevic after nearly three years of co-operation that included winning the U.S. Open in 2014.

The 12th-ranked Croat said Thursday on his Facebook page that he "enjoyed our work all this time and Goran helped me to reach many goals." THE ASSOCIATED PRESS

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RECIPE Spiced Flank Steak with Chimichurri



PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada

- 1 tablespoon white wine vinegar
- 1 tsp anchove paste
- 1/2 tsp salt
- 1/8 tsp pepper

Take an inexpensive cut like flank steak to the next level with this easy yet super flavourful and fresh sauce.

Ready in

Prep Time: 15 minutes
Total Time: 30 minutes
Serves: 4

Ingredients

- 1 beef flank steak (900 kg)
- 1/2 tsp salt
- 1/2 tsp coriander
- 1/2 tsp cumin
- 1/4 tsp oregano
- 1/4 tsp pepper
- For the Chimichurri
- 1/2 cup packed fresh basil
- 1/2 cup packed fresh flat-leaf parsley
- 1/2 cup packed fresh cilantro
- 1/4 cup extra-virgin olive oil
- 1 clove garlic, roughly chopped
- 2 tsp lime juice

Directions

1. Place the basil, parsley, cilantro, oil, garlic, lime, vinegar, anchove paste, salt and pepper in a blender. Process until smooth. Pour into a serving bowl. Preheat the broiler and coat a pan with cooking spray.

2. Combine the salt, coriander, cumin, oregano and pepper. Sprinkle the mixture over both sides of the steak. Place steak on the prepared pan and broil in oven for 4 minutes per side. Transfer steak to a cutting board and allow to rest 5 minutes. Cut against the grain into 1/4-inch wide strips. Serve with chimichurri spooned over top with fresh greens and sliced cherry tomatoes.

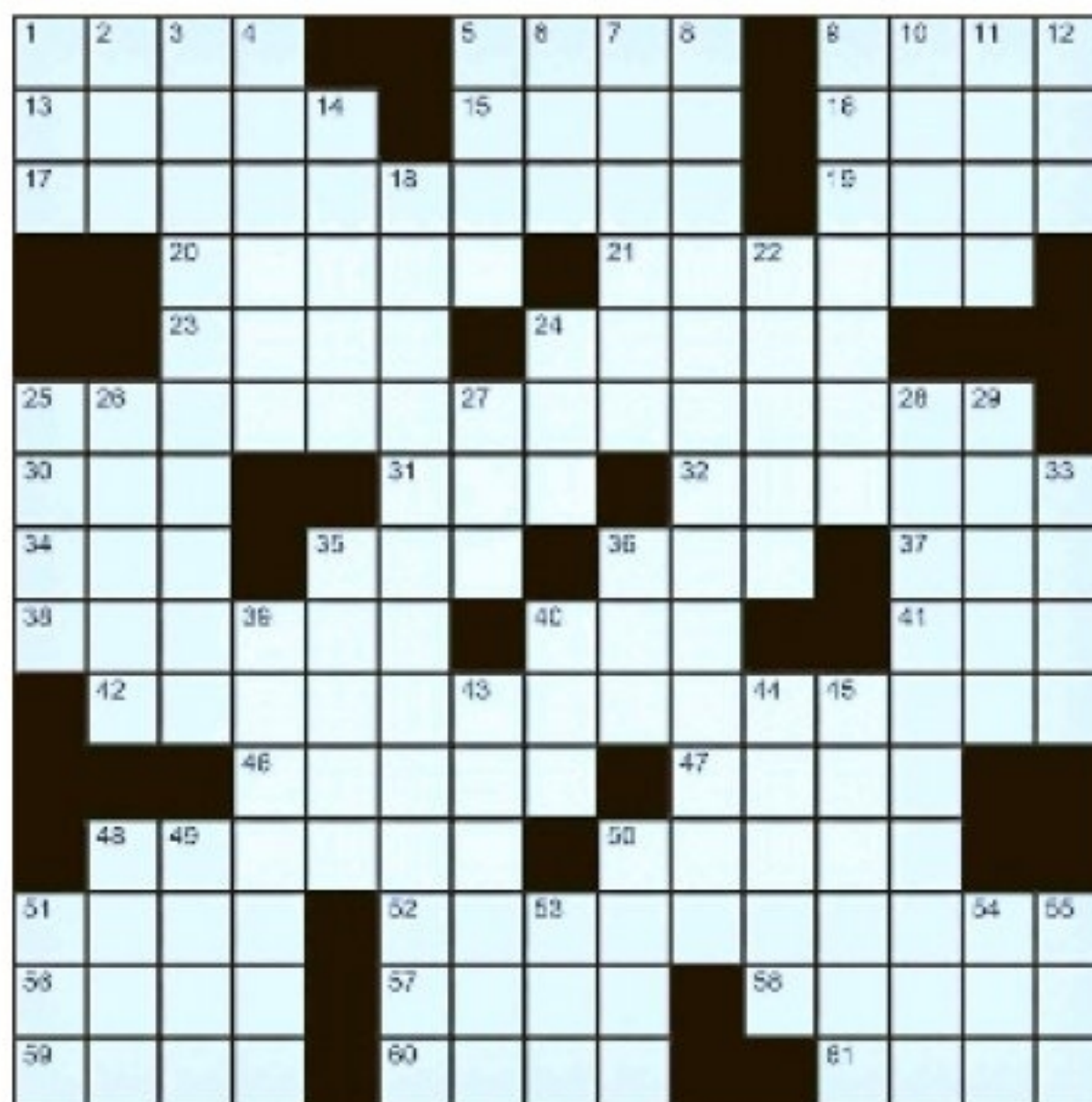
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Night personified, in Norse myth
- Biblical land
- Skippping
- "See ___ Saturday!" ...exclaimed the upcoming-weekend-get-together attendee
- A ___ (Record company division)
- Face shape
- "U-571" (2000) rocker/actor: 3 wds.
- Repair
- "O Canada! Terre ___ aieux..."
- Mystery writer awards
- Jackie Wilson's "___ Petite"
- Inert gas
- Principal photography for this new sci-fi movie took place in Vancouver and Squamish: 3 wds.
- Y-ending word's plural suffix
- Britannica, e.g.
- Rollick
- Ben-Hur author Mr. Wallace
- '60s hallucinogen
- Not is
- Presidential hubby of Nancy ...his monogram
- How journalists might get info: 3 wds.
- Track circuit
- Even if, briefly
- "Rocket Robin Hood", e.g.: 3 wds.
- Mr. Brolin's
- Oohs and ___
- Dessert creation



- ___ Clarke (1889 Sir Arthur Conan Doyle novel)
- Volcanic rock
- Twisted Sister hit: 3 wds.
- Farm team
- "Hina ___ (Celebration)" by Susan Aglukark

- ___ Linda, California
- Ms. Lollobrigida
- Hold
- Loch ___ Monster

DOWN

- Big Apple football team [acronym]
- Greeting card

- 'hugs'
- Waterfowl that summers in the Canadian Arctic (Trivial Pursuit: When flying, its wings make a whistling sound): 2 wds.
- 4, July 22nd to July 24th, 2016... 'Golden' drink/ culinary/music event

- In Canada's largest city, ___ Festival
- Mil. ranks
- Artist Yoko
- Part of speech
- Canadian actor Harpreet Sandhu's role in #25-Across: 2 wds.
- House of ___ (Anastasia's family)

- Throughout
- Cook's needs
- Past time
- Three trios
- Private property warning: 2 wds.
- Many paintings at Madrid art museum El Prado
- US dog org.
- Barn's pal
- "Lovergirl" by ___ Marie
- Finish
- Vancouver's range, ___ Mountains
- Long-running Brit sci-fi TV series, shortened up here: 2 wds.
- Old-fashioned 'think'
- Chauffeured rides
- Bundle
- City in Mexico
- Guitarist Mr. Paul
- World event, for instance, of 1940s history: 2 wds.
- Hip-style holiday
- Kelly Osbourne's mum
- Singer, ___ Priest
- Stove
- In-a-row letters
- Journal
- Sushi tuna
- "60 Minutes" network
- '___' in Kingston

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
The next four weeks are the perfect time for a vacation. It's also your time to enjoy flirtations, romance, love affairs, playful times with children and the arts. Enjoy!

Taurus April 21 - May 21
Home, family and your private life will be your main focus for the next four weeks. Many of you will want to redecorate and make your home look more attractive.

Gemini May 22 - June 21
You are naturally curious, and you like a busy pace. This is why you will love the next four weeks — you've got places to go, things to do and people to see!

Cancer June 22 - July 23
Money, cash flow, earnings, possessions and major purchases are top menu items for you in the next four weeks. Trust your moneymaking ideas. Expect to shop for goodies for yourself and loved ones.

Leo July 24 - Aug. 23
The next four weeks are your chance to recharge your batteries for the rest of the year. You will attract people and favorable situations to you. Yay!

Virgo Aug. 24 - Sept. 23
Use the next four weeks to make plans for what you want your new year (birthday to birthday) to be all about. Set some goals with deadlines.

Libra Sept. 24 - Oct. 23
You have a popular month ahead! Accept all invitations and enjoy the company of others, because you will shine in their eyes.

Scorpio Oct. 24 - Nov. 22
People will admire you in the next four weeks, especially bosses, parents and VIPs. Take advantage of this to push your agenda and ask for what you want.

Sagittarius Nov. 23 - Dec. 21
If you can travel or get out of town in the next four weeks, you will love it. You need to do something different to expand your horizons.

Capricorn Dec. 22 - Jan. 20
Tie up loose details in the next month regarding inheritances, shared property and debt. (Whatever you do probably will end up being to your advantage.)

Aquarius Jan. 21 - Feb. 19
You will need more rest in the next four weeks, because you will feel tired. Meanwhile, friendships and partnerships will be your strong focus.

Pisces Feb. 20 - March 20
Do whatever you can in the next four weeks to get better organized. Suddenly you have a desire to be efficient, effective and productive! "Tickety-boo!"

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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